

THE WELLNESSWORKS PROGRAM INVITES YOU TO PARTICIPATE IN OUR NEW NUTRITION CHALLENGE

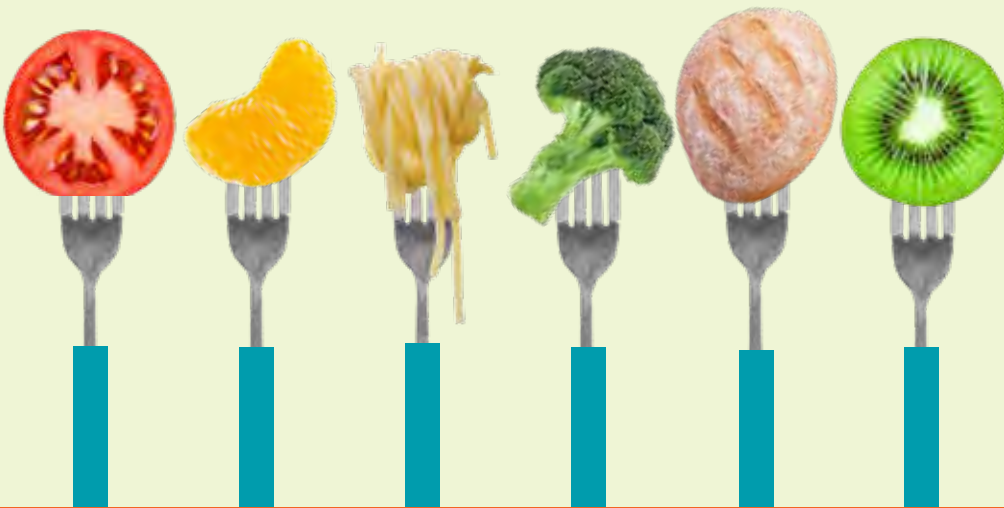
# NUTRITION CHALLENGE

This Challenge helps encourage eating a **Balanced Plate** by incorporating small changes overtime.

The Balanced Plate model is a simple tool designed to help you prepare your meals. It can help you allocate your carbohydrate intake, so that you feel full and nourished until your next meal or snack.



## Fuel Your Body and Make It A Habit



### 4 Week Daily Challenge Plan

**WEEK 1** - Each day drink a minimum 7 cups of water

**WEEK 2** - Each day drink a minimum 8 cups of water and eat 1 serving of fruit + 1 serving of veggies

**WEEK 3** - Each day drink a minimum 9 cups of water and eat 1½ servings of fruit + 2 servings of veggies + 2 servings of whole grains

**WEEK 4** - Each day drink a minimum 10 cups of water + 2 servings of fruit + 3 serving of veggies + 3 servings of whole grains

### Servings Sizes

The amount of food in a serving is calculated according to age and sex.

For specific guidelines on serving size visit [www.myplate.gov/eat-healthy/what-is-myplate](http://www.myplate.gov/eat-healthy/what-is-myplate) or reach out to one of our WellnessWorks coaches at [WWOnsitecoaching@Avmed.org](mailto:WWOnsitecoaching@Avmed.org).

## THE CHALLENGE

During the month of March, log on to [HealthyRoads.com](http://HealthyRoads.com) **DAILY** (Monday – Friday) and attest that you are completing the Challenge Plan for the 20 days!



REGISTRATION OPENS  
**MARCH 4, 2024**

CHALLENGE DATES  
**MARCH 11 –  
APRIL 14, 2024**

### TO ENROLL

- AvMed members visit [HealthyRoads.com](http://HealthyRoads.com)
- Select Challenges
- Click “Fuel Your Body And Make It A Habit”

### FOR MORE INFO

[WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

### EARN POINTS + CREDITS

Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win a \$250 drawing. WellnessWorks rewards are subject to payroll taxes.

Enter your challenge information on [HealthyRoads.com](http://HealthyRoads.com) and earn credits each day. Successfully complete 100 credits to finish the challenge.

Presented by the Human Resources Department's Benefits and Employee Support Services Division



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MIAMI-DADE COUNTY



To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or [takia.burnett@miamidade.gov](mailto:takia.burnett@miamidade.gov) five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).