

THE BIGGEST WINNER CHALLENGE – IT'S MORE THAN A COMPETITION IT'S A WAY TO ACHIEVE YOUR PERSONAL GOAL!



CHOOSE YOUR CHALLENGE

FAT LOSS

or

MUSCLE GAIN



THE DRIVE OF
COMPETITION



THE SUPPORT
OF YOUR TEAM



THE MOTIVATION TO
REACH YOUR GOAL

\$500

GRAND PRIZE
TO WINNER OF EACH
CHALLENGE

COACHING, TOOLS AND RESOURCES GUIDE YOU TO SUCCESS

- **Wellness Coaches** will be assigned to each team to develop and plan specific targeted goals for each member.
- **Online webinars** geared towards burning fat and building muscle.
- **Bodimatrix Ultrasound** tracking measurements at initial and final assessments.
- **Teams** based on location.
- **Easy access** to special events, body measuring and incentives.

AWARDS AND PRIZES

- Biggest Winner overall for Fat Loss and Muscle Gain wins \$250.
- Location Winners for Fat Loss and Muscle Gain wins \$250.
- Teams with highest percentage Fat Loss and Muscle Gain claim Biggest Winner Trophy and swag bag for each team member.
- Upon completion of the Challenge, participants will earn 25 WellnessWorks points.
- Winners announced at upcoming WellnessWorks event (TBA).



REGISTRATION OPENS

JAN 8, 2024

12-WEEK CHALLENGE DATES

FEB 12 - MAY 17

TO ENROLL

Email your Name, Employee ID, and Department to your **DPR** or **Wellness Liaison**.

(Click on DPR or Wellness Liaison for a list.)

**MAKE A PERSONAL
COMMITMENT TO YOURSELF
AND SIGN-UP NOW!**

FOR MORE INFORMATION

Click or visit <https://secure.miamidade.gov/employee/wellness-works-resources.page>

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



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 five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).