

BIGGEST WINNER CHALLENGE 2025



Registration Opens
JAN 6, 2025

12-Week Challenge Dates
FEB 24-MAY 23

To Enroll

Email your Name, Employee ID, and Department to your [DPR](#) or [Wellness Liaison](#).

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



Scan for List of DPRs



Scan for List of Wellness Liaisons

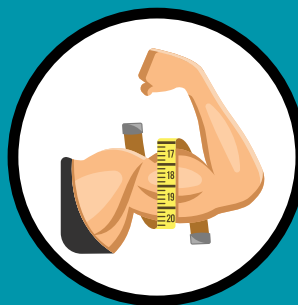
**Make a personal
commitment to yourself
and sign-up now!**

CHOOSE YOUR CHALLENGE



FAT LOSS

or



MUSCLE GAIN

\$600
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.
- **Bodimetrix 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 \$300.
- Location Winners for Fat Loss and Muscle Gain wins \$300.
- 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).



For more information click or visit

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

Presented by the People and Internal Operations Departments
Benefits and Employee Support Services Division



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