

# THE BIGGEST WINNER CHALLENGE – MORE THAN A COMPETITION A WAY TO ACHIEVE YOUR PERSONAL GOALS!

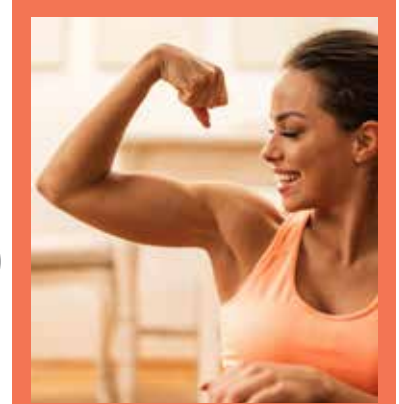
## THE BIGGEST WINNER CHALLENGE

### 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  
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 \$500
- 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
- Participants will earn 25 WellnessWorks points
- Winners announced at upcoming WellnessWorks event (TBA)



#### REGISTRATION OPENS

**JAN 9, 2023**

#### 12-WEEK CHALLENGE DATES

**FEB 13 - MAY 19**

#### TO ENROLL

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

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

#### FOR MORE INFORMATION VISIT

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



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MIAMI-DADE COUNTY

W WELLNESSWORKS  
MIAMI-DADE COUNTY



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

To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Myra Marlow, 305-375-4167 or Myra.Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).