

The team challenge will only be countywide.

## FINAL ASSESSMENT DATES AND LOCATIONS

MORE THAN A
COMPETITION...
A WAY TO ACHIEVE
YOUR PERSONAL

## CHOOSE YOUR CHALLENGE





This year's challenge will be both an individual challenge as well as a team challenge. The individual challenge will be designated by location and countywide.

GOALS!

- The individual that wins in each category (% Fat Loss and % Muscle Gain) for each location will win the \$250 incentive.
- The individual who wins countywide for each category (% Fat Loss and % Muscle Gain) will win a \$500 prize (250 location winner/250 grand prize).
- The team that wins each category overall countywide will be crowned the Biggest Winner Team and will receive a team trophy and each team member will receive a WellnessWorks mega swag bag.

All challenge participants will also receive free wellness and nutrition coaching throughout the challenge,incentives at the assessments, and 25 points for completing the challenge that will go toward their 75 points for the quarterly \$250 raffle.

All assessments at all locations, unless specified differently, will take place at the following times:

9:00 AM - 12:00 PM and 12:30 PM - 4:00 PM

DATE	LOCATION

The individuals and team members that win will also receive 1 year of Health Coaching and Body Composition testing at no cost and if they maintain the success and/or continue to improve from this year to next year will earn a Mystery Prize from the WellnessWorks team for their yearlong hard work.

FOR MORE INFORMATION VISIT <a href="https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page">https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page</a>

PRESENTED BY THE HUMAN RESOURCES DEPARTMENT BENEFITS AND EMPLOYEE SUPPORT SERVICES DIVISION







