

The WELLNESSWORKS Program invites you to participate in our Quarterly Steps Challenge

Endless Summer Fitness Vibes

STEPS CHALLENGE

As the fall season rolls in, get in tune with your healthiest self. Circulate good vibes and energy towards improving your health and fitness all season long and start by joining our challenge.



CHALLENGE

175,000 Steps
over 4 Weeks

REGISTRATION OPENS
July 25

CHALLENGE DATES
Aug 1 - Aug 27

ENROLL

- AvMed members visit healthyroads.com
- Select **Challenges**
- Click **“Endless Summer Fitness Vibes Steps Challenge”**

CONNECT

Connect a compatible device to track your progress:

- Select **“My Health”** tab, followed by **“Connected”**

EARN POINTS

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 one of the many \$250 drawings (subject to payroll taxes).

MORE INFO

For more information contact WellnessWorks@miamidade.gov