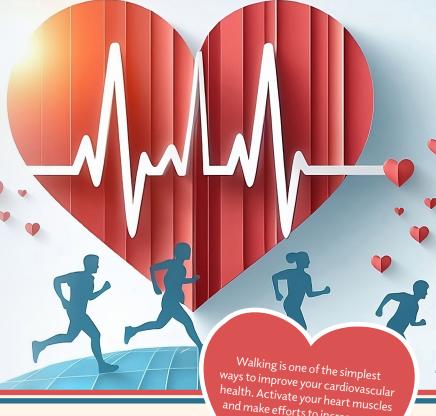




# PUMP UP YOUR HEART

STEPS CHALLENGE



and make efforts to increase your cardiovascular fitness by joining the "Pump up

your Heart" Steps

Challenge

Complete 175,000 steps in just 4 weeks. Get up more, sit less, and achieve your health goals step by step and decrease your resting heart rate beat by beat and pump by pump.

## THE CHALLENGE

175,000 STEPS OVER 4 WEEKS

**REGISTRATION OPENS** 

**FEBRUARY 10** 

**CHALLENGE DATES** 

FEB. 14-MAR 22

### **ENROLL**

- AvMed members visit **healthyroads.com**
- Select "Challenges"
- Click "Pump up your Heart" Steps Challenge

### CONNECT

Connect a compatible device to track your progress:

• From dropdown menu under the "Connected! Tab," select "Apps and Devices"

### **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 in a raffle to win \$250 wellness rewards (subject to payroll taxes).

# **MORE INFO**

For more information contact WellnessWorks@miamidade.gov

Presented by the People and Internal Operations Departments 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).