

♥ FEBRUARY IS HEART MONTH

PUMP UP YOUR HEART

STEPS CHALLENGE



Walking is one of the simplest ways to improve your cardiovascular health. Activate your heart muscles 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