

WHAT'S IN A NUMBER? See how your biometric measurements can add up and help you win this Challenge.

# Sizzle Your Waist Annual Challenge

**REGISTRATION OPENS**

**JANUARY 6, 2025**

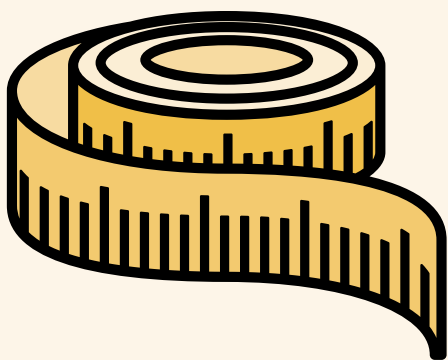
**CHALLENGE DATES**

**JAN 20 – DEC 1, 2025**

**TO REGISTER CLICK/VISIT**

<https://www.HealthyRoads.com/Incentive/PlanSummary>

To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist Circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.



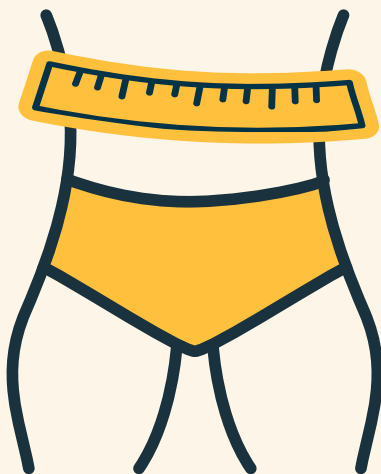
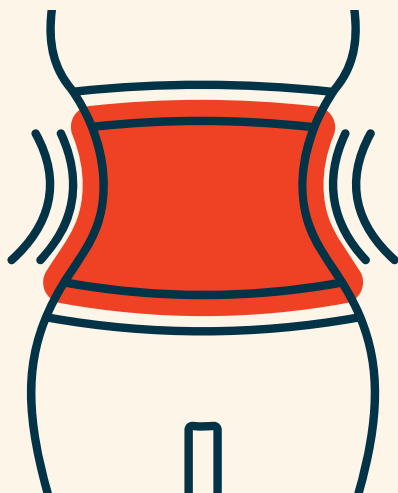
## ASSESSMENTS

**Initial Assessment**

**JANUARY–MAY 2025**

**Final Assessment**

**JUNE–NOVEMBER 2025**



Presented by the People and Internal Operations Departments  
Benefits and Employee Support Services Division



**I THRIVE @**  
MIAMI-DADE COUNTY



**WELLNESSWORKS**  
MIAMI-DADE COUNTY



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](mailto:takia.burnett@miamidade.gov) five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).