

Get active and make your steps count towards a greater goal to improve your health and fitness. Compete for the greatest endurance and stride efforts to determine the **2023 Step Up and Thrive Face-Off Challenge Champions**

# STEP UP and THRIVE FACE-OFF CHALLENGE 2023

The Ultimate Step Challenge

We are looking for 32 teams of 25 participants to join the ultimate department annual steps challenge showdown for 2023!

Registration Open  
October 1, 2022 –  
November 18, 2022

Challenge Dates  
January 23, 2023 –  
November 11, 2023

## Tournament Rounds

- Round 1** (10 weeks) **All teams compete**
- Round 2** (8 weeks) **Top 50% teams to win will advance and bottom 50% teams will be eliminated**
- Round 3** (8 weeks) **Top 50% teams to win round 2 will advance and bottom 50% teams will be eliminated**
- Round 4** (8 weeks) **Top 50% teams to win round 3 will advance and bottom 50% teams will be eliminated.**
- Round 5** (8 weeks) **Final teams will go head-to-head to become Challenge Champions.**

## Redemption Challenge

Any participants eliminated from Tournament Rounds 2 and 3 will be moved into an individual Redemption Tournament with the other participants eliminated in those rounds. This will continue until the start of Round 4 of the challenge. In the end, there will be a Team Tournament Champion and 2 Redemption Challenge Winners.

## To Register

Designated Team Captains will collect all participants' complete information on the registration form and submit the completed form to **WellnessWorks@miamidade.gov** by **November 18, 2022**. Each department may enroll up to two department teams to compete in the tournament.

**Disclaimer:** This is not a Quarterly Steps Challenge where employees register individually on HealthyRoads.com. The Registration Form is required. Team members cannot be changed, added or replaced once Department Teams are set up. Any participant who displays significant anomalies in performance will automatically be disqualified from the competition. This may impact their Department Team's performance and/or elimination from the Challenge.

## Team Captains

Each Department Team must have a minimum of 18 participants. Each Department Team will designate a member as Team Captain.

The Team Captain is responsible for the following:

- Completing and submitting the Team Registration Form.
- Coordinating swag bag and incentive prize pick-ups for their Team.

## Team Members

- Must appear on the Registration Form submitted by Team Captain.
- Must be registered on the [HealthyRoads.com](https://www.healthyroads.com) website.
- Must have a device that is linked to their Healthy Roads account to track steps by January 1, 2023.
- Must be benefits-eligible prior to November 30, 2022.

## All Participants Earn

- WELLNESSWORKS shirt and other surprise incentives.
- 25 Wellness points each quarter towards the 75 points required for eligible entry to the \$250 quarterly raffles.

## Winning Department Team Members Earn

- WELLNESSWORKS Mega Swag Bag
- Bragging Rights
- Department receives Championship WELLNESSWORKS Belt and keeps it for one year. (Until next Champion is selected.)

To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Myra Marlow at 305-375-4167 or [myra.marlow@miamidade.gov](mailto:myra.marlow@miamidade.gov) five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service.)

Presented by the Human Resources Department; Benefits and Employee Support Services Division.

