

The **WELLNESSWORKS** Program invites you to participate
in our **QUARTERLY STEPS CHALLENGE**

*Did you know music
can improve your exercise
routine and health by
decreasing fatigue and
lifting your mood?*

WELLNESSWORKS
invites you to turn
on the tunes
and get some
SPRING in your step
this challenge!

*Upload and post
your most creative photo or video
of how you walk on sunshine to the HR
Facebook page with the #sunnyMDC
to get entered in a raffle.*



Step out into the **SUNSHINE** and walk your way to a
HEALTHIER YOU

THE CHALLENGE

175,000 steps
over 4 Weeks

REGISTRATION OPENS
April 26

CHALLENGE DATES
May 2 – May 29

ENROLL

AvMed members visit
www.healthyroads.com

- Select **Challenges**
- Click **“Walking on Sunshine 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 wellness rewards (subject
to payroll taxes.)

MORE INFO

For more information contact
WellnessWorks@miamidadecounty.gov

