



The WellnessWorks Program invites you to participate in our **Spring Nutrition Challenge**

SPRING NUTRITION CHALLENGE

FUEL YOUR BODY AND MAKE IT A HABIT

Ask yourself, do your choices contribute to your health and quality of life? Improve your health without getting overwhelmed by joining the **Spring Nutrition Challenge**
Fuel your Body and Make it a Habit.



THE CHALLENGE

During the month of March, log on to HealthyRoads.com **DAILY** (Monday–Friday) and attest that you are completing the **Challenge Plan** for the 20 days!

REGISTRATION OPENS
February 24, 2025

CHALLENGE DATES
March 10 –
April 5, 2025

FOR MORE INFO Email WellnessWorks@miamidade.gov

TO ENROLL

- AvMed members visit HealthyRoads.com
- Select Challenges
- Click “Fuel Your Body And Make It A Habit”

EARN POINTS/CREDITS

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 for a chance to win a \$250 incentive. WellnessWorks rewards are subject to payroll taxes.

Enter your challenge information on HealthyRoads.com and earn credits each day. Successfully complete 100 credits to finish the challenge.

4 WEEK DAILY CHALLENGE PLAN

WEEK 1 - Each day drink a minimum 7 cups of water

WEEK 2 - Each day drink a minimum 8 cups of water and eat 1 serving of fruit + 1 serving of veggies

WEEK 3 - Each day drink a minimum 9 cups of water and eat 1½ servings of fruit + 2 servings of veggies + 2 servings of whole grains

WEEK 4 - Each day drink a minimum 10 cups of water + 2 servings of fruit + 3 serving of veggies + 3 servings of whole grains

SERVINGS SIZES

The amount of food in a serving is calculated according to age and sex.

For specific guidelines on serving size, reach out to one of our WellnessWorks coaches at WWOnsitecoaching@Avmed.org.

Presented by the People and Internal Operations Department's 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).