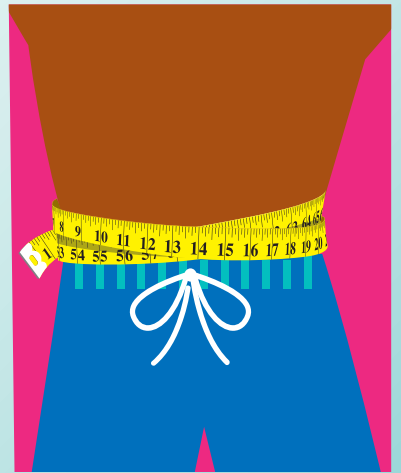
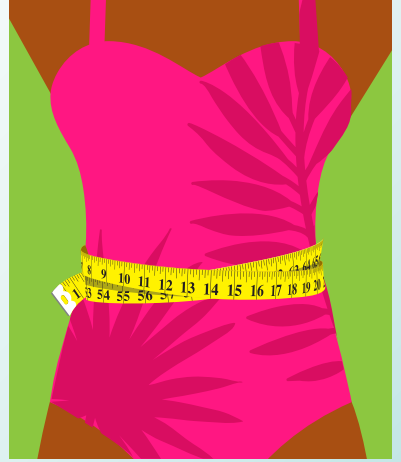


Sizzle Your Waist SUMMER Challenge

Don't get scorched by the sun! Melt waistline inches instead! Join the Sizzle Your Waist Summer Challenge and get lean and trim this summer.



REGISTRATION OPENS

July 8, 2024

To register 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.

CHALLENGE DATES

July 24—Nov 30, 2024

INITIAL ASSESSMENT

January—June 2024

FINAL ASSESSMENT

September—November 2024



Presented by the Human Resources Department's Benefits and Employee Support Services Division



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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 five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).