



BUILDING HEALTHY HABITS

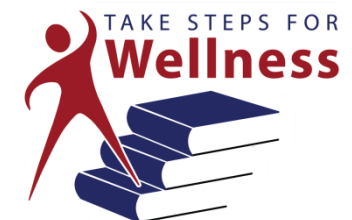
January 12 – February 20

You can get fit and have fun doing it! MPS will be participating in the fourth annual Move it Maricopa challenge! You are invited to stay active, healthy, and have fun along the way in our Building Healthy Habits activity challenge. Compete with cities, schools and other organizations in the Maricopa area!

- Sync with your personal fitness device, enter steps from a pedometer, or use an app.
- One non-MPS friend can join you for free.
- Plenty of prizes and fun along the way.

Week	Theme	Prize	# of Prizes
1	Entered steps since the start (Jan. 12 – Jan. 23)	Fitbit Versa 3	10
2	Beat the Pacer Bunny (7,000/day)	\$25 Gift Card	20
3	Walking Wednesday - Achieve 10,000 steps on Wed.	Fitbit Versa 3	10
4	70,000 steps or more this week	Fitbit Versa 3	10
5	Averaged 10,000 steps a day for the last week	\$100 Gift Card	3
	Steps entered every day of the challenge	\$100 Gift Card	3

Use existing login or register as a new user at mps.walkertracker.com



If you have an impairment or disability that makes you unable to participate in any of the program events, activities or goals, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards, contact Diane Brand at 480-308-7542.

This is an entirely voluntary program; however, employees who choose to participate in the wellness program may receive an incentive of a monetary amount or a wellness prize item that will be identified and communicated during any and all health campaigns.