8-week Fall Fitness Challenge starts Sept. 21!
Get motivated to be active and feel energized

Create a Team or Sign-up as an Individual

- Weekly exercise minute recording with leaderboards
  - Team totals will average members’ weekly minutes
- Includes special tips and resources
- The team and individual with the highest total minutes AND winners of a participant prize drawing will win $50 Target gift cards.

More info and registration online

*gift cards taxable

REAP THE BENEFITS OF MOVING!

For ideas on incorporating activities into your everyday life, login to MyPima; select the @Work tab; Employee Service Center; then Wellness.