

# MAKE



# EVERY



# MOVE



# COUNT!

**Join the Seasonal Fitness Challenge to earn your Healthy Lifestyle Premium Discount #4**

- 1. Exercise at least 150 minutes each week**
- 2. Track your minutes**
- 3. Submit an Exercise Tracking Log each month**

**Register online at [www.pima.gov/hr/health/fitnesschallenge.html](http://www.pima.gov/hr/health/fitnesschallenge.html)**



Pima County Employee Wellness  
[www.pima.gov/hr/health](http://www.pima.gov/hr/health)

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