Your journey to better health starts today!

Review the six pit stops on the map to head in the right direction for improved well-being.

The more the merrier on this journey ... contact our team and your department’s Wellness Champion for assistance in achieving your goals.

1. **Know Your Numbers**
   Schedule a biometric screening to learn your health numbers including blood pressure and cholesterol. Take the Rally Health Survey to find out how your numbers relate to your overall health.

2. **Motivate**
   Think about what interests you and why it’s important to make a change. For example, do you want to live healthier for your family, to reverse a diagnosis, to spend less money, or to find something you love doing?

3. **Set a Goal**
   Based on your health status and your motivators, set a reasonable goal for health improvement. See the list at right or check the Rally website for suggestions.

4. **Participate**
   Get involved in as many County wellness programs as you can.* Also develop healthy activities and habits outside of work.

5. **Track**
   Monitor your progress. Don’t be afraid to make tweaks and adjustments to your wellness goal.

6. **Spread the Word**
   Encourage your spouse, partner and coworkers to join you. Volunteer as a Wellness Champion.

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**Goals**
Select a healthful goal that works for you. Here are some ideas to get you thinking:

- Walk 10,000 steps a day
- Stop smoking
- Lose 5 pounds in 5 weeks
- Eat 3 vegetables a day
- Schedule your annual physical
- Get 8 hours of sleep a night
- Stretch for 10 minutes daily
- Do quick exercises during TV commercial breaks
- Find a jogging partner
- Lift weights twice a week
- Eliminate sodas
- Drink 8 glasses of water daily
- Go offline one day a weekend
- Walk after dinner 4 days a week
- Do meal prep on Sundays

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* Visit the wellness website for program details at [www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness).