



WalkingU Team Challenge starts November 12th

Pinellas County employees are invited to join coworkers and **WALK** your way to a healthier **YOU** this fall. All County worksites are encouraged to start a team and take an active role in your health.

How do I join a team?

It is easy:

1. Click [HERE](#).
2. Find your team.
3. Register.
4. The Challenge kick-off is November 12th at the Tampa Bay Heart Walk. We hope you can be there.
5. All teams continue walking regularly until December 15th.

How do I track my team's walking?

Your Team Captain will receive a form to track the walking the team does. At least two team members must walk together to count towards your team's total. At the end of the month each captain will turn in the team's totals.

Maps calculating the distance of walking routes at your worksite are available. If you would like a route calculated, please contact the employee Wellness Program at wellness@pinellascounty.org.



2016 Golden Sneaker Award

The Golden Sneaker Award will be given to the team with the highest average mileage. The mileage will be selected based on effort and participation percentage.

