

SMILES FOR MILES



This contest is about getting active **together!**

Top 3 perks of getting fit with a friend:

- 1 It's WAY more fun than going at it alone
- 2 Friendly rivalries can make us try harder and achieve more
- 3 Friends hold us accountable when we don't feel like showing up



Your Goal: 40 days of 7,000 steps or 45 minutes of activity

Dates: August 29 - October 23



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TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL