



FRIDAYS PHYSICAL ACTIVITY TEAM CHALLENGE

FRIDAY, JUNE 26 - FRIDAY, AUGUST 28



Participate this summer by tracking physical activity minutes and/or number of steps every Friday.

Form a two-person team by pairing up with another New York State (NYS) coworker or a family member of a NYS Employee.

The team members from the **top ten** teams who report the largest number of steps and/or physical activity minutes will receive a microfiber beach blanket/towel.

**JUNE 26 -
AUGUST 28**



Office of
Employee Relations
Work-Life Services

**Learn More About How to Participate at
oer.ny.gov/physical-activity-team-challenge**

