FRIDAYS PHYSICAL ACTIVITY TEAM CHALLENGE

FRIDAY, JUNE 26 - FRIDAY, AUGUST 28

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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.

NEW YORK STATE | Office of Employee Relations
Work-Life Services

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