

WALK ON WED



**BRING
SNEAKERS**



**STAY
HYDRATED**



**MAR 4
MAR 11
MAR 18
MAR 25**

HIP

**LOG YOUR POINTS
FOR PHYSICAL
ACTIVITY**

**ON TOTALWELLBEING.AZ.GOV
OR ON THE HIP APP**



**WALK
ANYTIME
11 AM - 1 PM**

ARIZONA

DEPARTMENT OF ADMINISTRATION
BENEFITS

WELLNESS@AZDOA.GOV | 602-771-9355

WELLNESS.AZ.GOV/HIP