

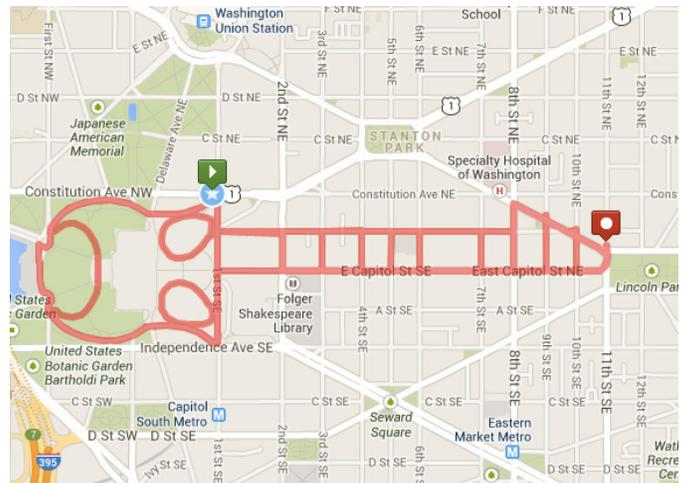
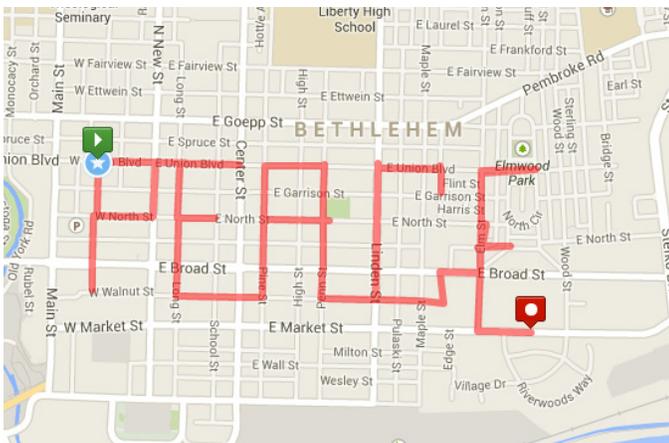
Turn Your Workout Into a Work of Art

Turn your next walk, run, or bike ride into a work of art. All you need is an app like MapMyRun or Strava. They allow you to plan and draw out a specific route on a map before you set out.



Track your workout/artwork on your fitness device and save it when you're done with your activity.

Send your photos to wellness@maricopa.gov and show us how creative you were.



You are encouraged to participate on non-paid time and coordinate coverage, as necessary, with your supervisor.

