

Employee and Retiree Service Center
The Bulletin—March 4, 2026

Join Well Aware for Its Spring Physical Activity Challenge: *Work in Progress*

Whether you're hitting new personal bests, teaming up to crush collective goals, or simply choosing the stairs over the elevator, we are all a work in progress. This spring's *Work in Progress* physical activity challenge will be held March 16–May 10, 2026. Join us as we celebrate effort over perfection and are reminded that the best version of ourselves is always under construction.

Work in Progress is a great opportunity to get moving, stay consistent, support one another, and build stronger health and wellness habits. Maybe you're just beginning your wellness journey, returning to movement after a break, or ready to push your current limits. However your efforts show up, this challenge encourages you to celebrate every step, every rep, and every small win along the way.

Gather your teammates or participate as an individual in this eight-week challenge. Learn more about *Work in Progress* by visiting the [Well Aware web page](#), or simply search for “*Work in Progress* challenge” from any MCPS web page.