

Move for Your Health!

Sedentary behavior (sitting or lying down while awake) has been linked to a shorter lifespan and wide range of medical problems. For better health, get moving as much as you can!

Sit Less, Move More:

Park further away from your destination.

Take the stairs instead of the elevator.

Set an alarm reminding you to stand up each hour.

Keep small weights at your desk for arm exercises while working.

Have walking meetings with colleagues.

Stand while watching TV or using the computer.



Sign up now for the 2014 UT System Physical Activity Challenge, **Living Well, Moving Well**. Visit www.livingwell.utsystem.edu/challenge14.htm for challenge details and to find out where to get your **free pedometer!**

This challenge is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.