

## Track your Activity with a Pedometer

Taking 10,000 steps each day can help improve blood pressure, cholesterol, weight, and mental health.

A pedometer tracks your steps and shows you just how quickly little changes like parking further away, taking the stairs, or walking at lunch time can help you reach your daily goal.

Get a free pedometer by signing up now for the **2014 UT System Physical Activity Challenge: Living Well, Moving Well.\***



\*Visit [www.livingwell.utsystem.edu/challenge14.htm](http://www.livingwell.utsystem.edu/challenge14.htm) for challenge details, registration link, and to find out where to get your free pedometer!

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