

TIP OF THE WEEK



Find a Workout Buddy

Having a partner or group to exercise with can keep you motivated and having fun.

Whether it be a family member, coworker, or friend, working together can keep everyone accountable and successful.

Motivate your *Walktober* team members and colleagues at your institution. Encourage others to join you for a walk at lunchtime or before or after work.

Walktober participants: Your challenge goal is to earn 20 leaves in 31 days. Just one more week to go. Keep logging!

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