

TIP OF THE WEEK

SPRING
into **motion**



Sign up for *Spring Into Motion* today!

Team up with colleagues to compete against other UT System institutions in the Spring 2017 UT System Activity Challenge.

You'll log your daily activity and have a personal goal to meet in order to earn the challenge rewards: a Living Well blender bottle and Frisbee.

Sign up at www.utlivingwell.com and opt-in to the Spring Into Motion challenge. Good luck!

www.livingwell.utsystem.edu



LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM