

# TIP OF THE WEEK



## *How do You Spring Into Motion?*

Spring is the perfect time to take advantage of outdoor activities.

Here are some great ways to be active outdoors this spring:

- Go kayaking or canoeing
- Take a hike
- Play tennis
- Fly a kite
- Take the dog for a walk
- Play a game of hopscotch
- Go rollerblading
- Throw a football or Frisbee
- Play golf or mini-golf
- Visit the zoo

We'd love to hear your favorite outdoor activities. Share a photo if you have one!

Keep logging your activity and check out how your institution is doing in the competition: [www.utlivingwell.com](http://www.utlivingwell.com)

  
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