

TIP OF THE WEEK

KEEP **UT** SYSTEM
active™



LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

Sign up for *Keep UT System Active!*

Team up with colleagues to compete against other UT System institutions in the Spring 2018 UT System Activity Challenge.

You'll log your daily activity including steps, sleep, and water consumption, earning virtual miles along the trail, and stopping at UT System landmarks along the way.

Sign up at www.utlivingwell.com and opt-in to the Keep UT System Active challenge. Good luck!

Registration: March 19 - April 9, 2018
Challenge: April 2-29, 2018

www.livingwell.utsystem.edu