

TIP OF THE WEEK

KEEP **UT** SYSTEM
active™




LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

Start logging your activity

The challenge begins today!

Sign in at www.utlivingwell.com and start logging.

Virtually visit each UT Institution without having to board a plane or get in a car!

You will accrue miles along the virtual trail when logging steps, sleep, and water consumption on a daily basis.

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

www.livingwell.utsystem.edu