



Welcome to the UT System Spring 2018 Wellness Challenge: Keep UT System Active!

You'll be teaming up with colleagues to compete against other UT System institutions for the coveted traveling trophy.

As a bonus, you will virtually visit each UT Institutions without having to board a plane or get in a car! While doing so, you will keep up your healthy habits throughout the four-week challenge to earn your Living Well rewards: a **cooling towel** and a **running belt**.

WHEN?

Registration Period

March 19 - April 9

Challenge Dates (4 weeks)

April 2 - April 29

THE CHALLENGE

The overall program goal is to log 200 virtual miles within the 4 week challenge. A member will accrue miles when logging steps, sleep, and water consumption on a daily basis.



Water goal

Drink 8-10 glasses of water a day



Step goal

Take 10,000-15,000 steps a day



Sleep goal

Get 7-9 hours of sleep each night

REGISTER NOW!

www.utlivingwell.com



THE UNIVERSITY of TEXAS SYSTEM