Living Well Tip of the Week

Physical activity does not have to be strenuous to reap the health benefits. (Surgeon General’s Report on Physical Activity & Health)

Did you know that 30 minutes of moderate intensity activity, along with an active lifestyle, equals about 10,000 steps a day or five miles? If you walk just 10,000 steps daily, by the end of 5 weeks you will have walked 420,000 steps or 210 miles!

Can YOU Walk 210 Miles?
Healthy Steps: Being active is as easy as 10,000 steps a day!

To help you reach the goal of 10,000 steps daily, The University of Texas System, “Living Well: Make it a Priority Program” in collaboration with our Institutions Health and Wellness Coordinators, is kicking off this year’s active living, healthy eating campaign called UT System Physical Activity Challenge! Starting October 6th, log on to the Physical Activity Challenge website to record your daily activity and receive a step value for the day or, if you have a pedometer, enter in the number of steps you take each day. After 6 weeks, see how easy it is to walk 210 miles!

Register Today! 2010 UT System-Wide Physical Activity Challenge starts this Week!
Go to www.livingwell.utsystem.edu/challenge10.htm for more information.