May is National Employee Health & Fitness Month

Tips to Increase Daily Physical Activity:

• Take the stairs instead of the elevator
• Park further away from your destination
• Join or create group activities at your workplace (walking, healthy potluck luncheon…)

Sign up at [http://www.healthandfitnessmonth.com/places](http://www.healthandfitnessmonth.com/places). Add your exercise activities and/or events and join those of others by searching your area under places.

Browse your Living Well Health Manager powered by WebMD* for specific advice on weekly tips: go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and select “Living Healthy” on the top banner.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.