Move for Your Health!

Sedentary behavior (sitting or lying down while awake) has been linked to a shorter lifespan and wide range of medical problems. For better health, get moving as much as you can!

**Sit Less, Move More:**

- **Park further away** from your destination.
- **Take the stairs** instead of the elevator.
- **Set an alarm** reminding you to stand up each hour.
- **Keep small weights at your desk** for arm exercises while working.
- **Have walking meetings** with colleagues.
- **Stand while watching TV** or using the computer.

Sign up now for the 2014 UT System Physical Activity Challenge, Living Well, Moving Well. Visit [www.livingwell.utsystem.edu/challenge14.htm](http://www.livingwell.utsystem.edu/challenge14.htm) for challenge details and to find out where to get your free pedometer!

*This challenge is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*