How do You 
Spring Into Motion?

Spring is the perfect time to take advantage of outdoor activities.

Here are some great ways to be active outdoors this spring:

- Go kayaking or canoeing
- Take a hike
- Play tennis
- Fly a kite
- Take the dog for a walk
- Play a game of hopscotch
- Go rollerblading
- Throw a football or Frisbee
- Play golf or mini-golf
- Visit the zoo

We’d love to hear your favorite outdoor activities. Share a photo if you have one!

Keep logging your activity and check out how your institution is doing in the competition: www.utlivingwell.com