Ahhh, spring is in the air. Let’s get moving with Spring Into Motion!

As you log physical activity, you’ll explore a new spring theme each week — all while experiencing the rejuvenating physical and mental health benefits outdoor activities offer.

**March 18:** Opt in begins.
**April 1:** Logging begins.
**April 8:** Last day to opt in and join/create a team.
**April 28:** Last day of Spring Into Motion.

Starting March 18, go to [UTLivingWell.com](http://UTLivingWell.com), create an account or log in, and opt in to Spring Into Motion.

Features include:
- Team Competition
- Device Integration
- Mobile App
- Leaderboard
- Interactive Wall
- Resources and more…

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