



FALL 2019 WELLNESS CHALLENGE



What if you could visit each UT institution without boarding a plane, hopping on a bus, or gassing up the car? Well, now you can!

Keep UT Active is a 6-week virtual Texas-wide campus tour to help you build well-being habits. You'll virtually travel throughout The University of Texas System, stopping at amazing hot spots as you record your health behaviors.

Build well-being habits that last long after your system-wide tour is over.

WHEN?

Registration Period

SEPTEMBER 16 - OCTOBER 7

Challenge Dates (6 weeks)

SEPTEMBER 30 - NOVEMBER 10

REGISTER NOW!
www.utlivingwell.com

THE CHALLENGE

Earn 150+ points to receive cool rewards and help your institution win the traveling trophy. Accumulate points by completing these daily habits.



Physical Activity

Get at least 6,000 steps or 30 minutes.



Microbreak

Don't shut your mind down; just switch channels for a few minutes so when you come back, you're refreshed and ready to refocus. Simply changing the scenery, heading to a quiet room, or closing your eyes and listening to music will qualify.



Financial Wellness

Take charge of your spending habits by tracking them.

YOUR REWARDS

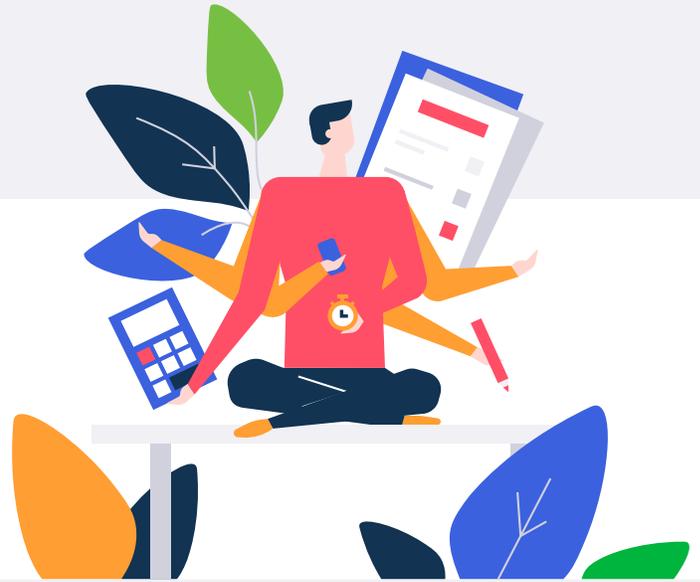
Multifunctional Fandana & Lunch Box!





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