

KEEP UT SYSTEM  
**active**



## Welcome to the UT System Spring 2018 Wellness Challenge: Keep UT System Active

You'll be teaming up with colleagues to compete against other UT System institutions for the coveted traveling trophy.

As a bonus, you will virtually visit each UT Institutions without having to board a plane or get in a car! While doing so, you will keep up your healthy habits throughout the four-week challenge to earn your Living Well **rewards**: a **cooling towel** and a **running belt**.

### WHEN?

#### Registration Period

March 19 - April 9

#### Challenge Dates (4 weeks)

April 2 - April 29

### THE CHALLENGE

The overall program goal is to earn 100 points, 25 per week within the 4 week challenge. A member will accrue miles when logging steps, sleep, and water consumption on a daily basis.



#### Water goal

Drink 8-10 glasses of water a day



#### Step goal

Take 10,000-15,000 steps a day



#### Sleep goal

Get 7-9 hours of sleep each night

### REGISTER NOW!

[www.utlivingwell.com](http://www.utlivingwell.com)