

# Living Well Tip of the Week

**Walking can help protect against obesity!**

*The President's Council on Physical Fitness and Sports*

## **Some Advantages of Walking:**

- You don't have to be an athlete to walk for health benefits
- Walking can be done just about anywhere – outdoors, at the mall on a rainy day, or while traveling
- Walking can be done any time – before work, during lunch, after work with your family
- Other than investing in a comfortable pair of shoes, **it's FREE**

**Even if walking isn't your style, just taking time to move improves your health.**



## **May is National Employee Health and Fitness Month**

UT System Institutions join in National Employee Health and Fitness Month to encourage employees to stay active.

See list of events that will take place during the month of May at your institution at [http://www.utsystem.edu/benefits/newsletter/articles/10may\\_wel.htm](http://www.utsystem.edu/benefits/newsletter/articles/10may_wel.htm)