

# 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.



### **NEW! 2010 University of Texas System-Wide Physical Activity Challenge**

Will you accept the challenge? You will be competing against all UT System Institutions. This online, 6-week physical activity challenge will start on **October 6th to November 17th.**

Sign-up today! For more details, visit [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu)  
or email [livingwell@utsystem.edu](mailto:livingwell@utsystem.edu).