

Living Well Tip of the Week

Physical activity does not have to be strenuous to reap the health benefits.

(Surgeon General's Report on Physical Activity & Health)

Did you know that 30 minutes of moderate intensity activity, along with an active lifestyle, equals about 10,000 steps a day or five miles? If you walk just 10,000 steps daily, by the end of 5 weeks you will have walked 420,000 steps or 210 miles!

Can YOU Walk 210 Miles?

Healthy Steps: Being active is as easy as 10,000 steps a day!

To help you reach the goal of 10,000 steps or 5 miles daily, The University of Texas System, "Living Well: Make it a Priority Program" in collaboration with our Institutions Health and Wellness Coordinators, is kicking off this year's active living, 6 week campaign called UT System Physical Activity Challenge! Starting Wednesday, April 19th, log on to the Physical Activity Challenge website to record your daily. After 6 weeks, see how easy it is to walk 210 miles!



To register or for more information on the UT System Physical Activity Challenge, go to www.livingwell.utsystem.edu/challenge12.htm

Questions or Comments? Email livingwell@utsystem.edu