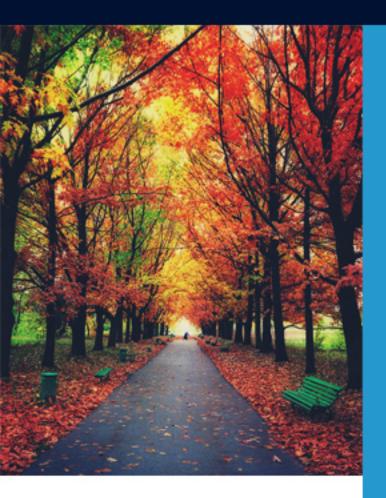
## TIP OF THE WEEK



## **WALKT** BER



## **Last Day to Join Walktober!**

Today is the last day to join *Walktober*, the new UT System Physical Activity Challenge.

Register at www.utlivingwell.com and then join "Walktober".

- Log your activity every day.
- Anything counts!
- Measure in minutes or steps.
- Earn rewards: Drawstring backpack and Living Well Holiday Cookbook
- Work together with colleagues to earn the traveling trophy for your institution.

Have any questions about the challenge or the online platform? Use the contact page at www.utlivingwell.com/#/contact.