



Get Fit and Have Fun This Spring

The UT System-wide Activity Challenge is back! Open to all UT SELECT members age 18+. Registration opens Wednesday, March 1, 2017 and the challenge begins Monday, April 3, 2017.

- Increase your daily activity and keep it up over the 4-week challenge period
- Try new activities and enjoy the outdoors as you get back on track to better health
- Visit international spring locations and events across a virtual trail
- Join a 4-5 person team and encourage your teammates to reach their goals
- Compete against other UT Institutions
- Earn rewards: A Living Well Frisbee and Blender Bottle

For more information:

www.utlivingwell.com



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SPRING
into motion

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