

# 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 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, healthy eating campaign called UT System Physical Activity Challenge! Starting October 6<sup>th</sup>, log on to the Physical Activity Challenge website to record your daily activity and receive a step value for the day or, if you have a pedometer, enter in the number of steps you take each day. 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/challenge10.htm](http://www.livingwell.utsystem.edu/challenge10.htm)**