

# TIP OF THE WEEK



## 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](http://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](http://www.utlivingwell.com/#/contact).

# WALKT BER™

  
LivingWell  
make it a priority

THE UNIVERSITY OF TEXAS SYSTEM