

# TIP OF THE WEEK



## ***Spring Into Motion* today: Start Logging your Activity!**

**Any activity counts**, not just walking. Use the step conversion chart linked at bottom of the Walktober website to convert your activity. Here are just a few examples of step conversions:

Basketball game: **242** steps/minute  
Gardening: **121** steps/minute  
Weight lifting: **121** steps/minute  
Yoga: **76** steps/minute

Remember, your challenge goal is to earn 20 “springers” in 31 days. To earn a “springer” for each day, you must log at least 6,000 steps or 30 minutes of activity.

Have any questions about the challenge or the online platform? Use the contact page at [www.utlivingwell.com/#/contact](http://www.utlivingwell.com/#/contact).

**SPRING**  
into **motion**

**LivingWell**  
make it a priority

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