

TIP OF THE WEEK



Add Extra Movement into your Workday

Here are few ideas to add some extra steps or minutes to your daily count:

Get off the bus one stop early and walk the rest of the way.

Driving? Park at the back of the parking lot.

Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.

Take part in exercise programs at work or a nearby gym.

Join or start an office walking group.


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Keep logging your activity at
www.utlivingwell.com!