

TIP OF THE WEEK



Welcome to Walktober!

The weather is finally getting cooler, just in time to get walking! Walktober is the new UT System Physical Activity Challenge.

Start logging your activity today at www.utlivingwell.com.

Haven't registered yet? It's not too late. Register at www.utlivingwell.com and then join "Walktober".

Have any questions about the challenge or the online platform? Use the contact page at www.utlivingwell.com/#/contact.

WALKT  BER™


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM