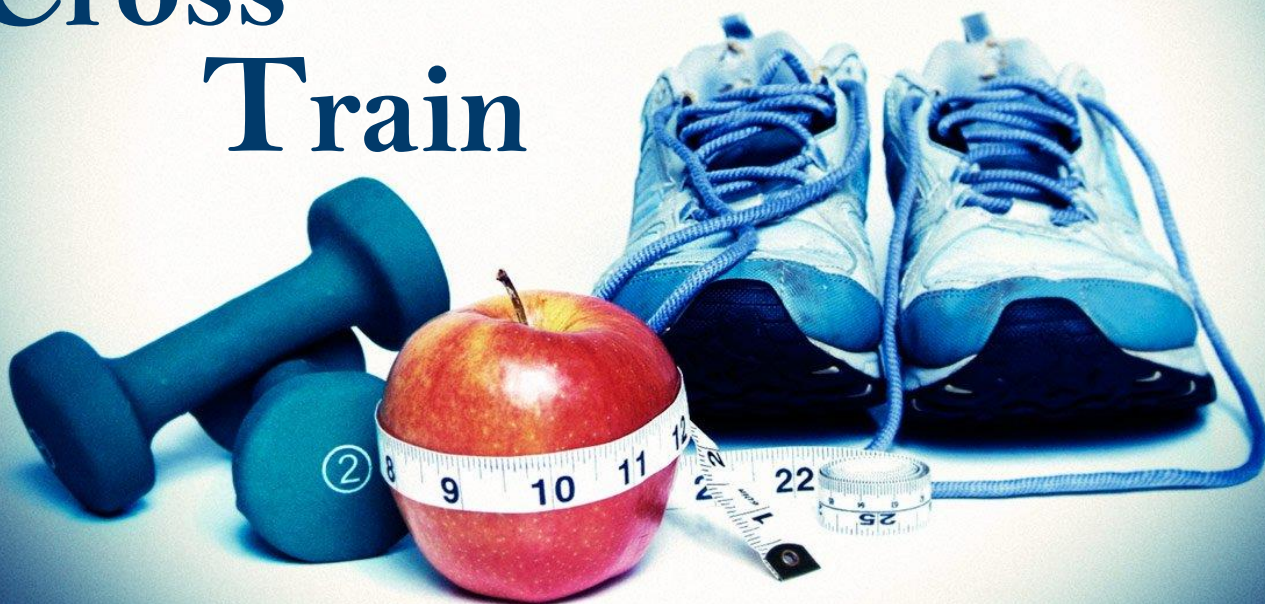




PEHP Wellness Workout Warrior

Cross Train



August 1st – 31st, 2018

Mix it up by using a variety of forms of exercise to help prevent injury, increase fitness and avoid burnout. Sign up to receive tips and ideas on how to alternate your workout routines in a way that will increase your performance and overall fitness without over stressing your body.

It's easy to participate:

Join our self-paced, email-based physical activity challenge!

1

Register
using this [link](#) or
at [pehp.org](#)

2

Track
your activity

3

Report
your step total at
the end of the
month

4

Enter
drawing for a \$10
Amazon gift card!
*URS employees not
eligible

Any activity counts towards "steps" whether you walk, run, bike, swim, or play basketball!

QUESTIONS? Phone: 801-366-7300 Toll Free: 855-366-7300

Email: healthyutah@pehp.org

Cross Train the Brain



August 1st - August 31st

Your brain is like a muscle— use it or lose it. To avoid excess pain and strain it needs to be exercised, so let's get to it!

Schedule:

Week 1: Sign Up – Let's Get Started

Week 2: Flexibility - Write it Down

Week 3: Strength Training - Learn Something New

Week 4: Aerobic Exercise - Walk it Out

Week 5: Cool Down - Brain Break

Sign up using the link below
or at pehp.org

REGISTER TODAY

Sign up early to receive all
the weekly emails.

**You could win* 1 of 20
Amazon gift cards!**

**URS employees not eligible*

Wellness challenges are email based, self paced educational programs that focus on areas of well being. Often used to jump-start personal goals, challenges can help you take charge of your health.