



# PEHP Wellness Workout Warrior

## Family Health & Fitness



**September 1-30<sup>th</sup>, 2018**

Encourage and motivate your family to get moving by participating in Family Health & Fitness Day this month. This annual event will be held Saturday, September 30<sup>th</sup> with the purpose to encourage families to embrace physical activity together. Get tips and ideas on how to get your family moving all month.

*It's easy to participate:*

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

**1**

Register  
using this [link](http://pehp.org) or  
at [pehp.org](http://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](mailto:healthyutah@pehp.org)