



Walk This Way

October 1st - October 31st

Step up to fitness and get walking! A good pair of shoes is all you need. Fit walking into your daily routine to improve health and productivity.

Schedule:

- October 1: Benefits of Walking
- October 8: Walking Form
- October 15: A Walk a Day
- October 22: Walking Gear
- October 29: Step Up Your Walking Routine

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 15
Amazon gift cards!**

**URS/PEHP 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.



PEHP Wellness Workout Warrior

WALK *this way*

October 1st – 31st, 2018

Step up to fitness and get walking! Walking every day is one of the easiest exercises for keeping fit, staying healthy, and managing weight. Sign up this month to receive tips and ideas on how to increase your daily activity through simply walking more each day.

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

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