



PEHP WELLNESS Monthly Challenge



Get Outside May 3-31

Give your health and mood a boost by getting outside! Join us for a different outdoor activity each week and see how good you feel.

Schedule

Join us for a 4-week email based challenge!

Week 1: Gardening

Week 2: Walking

Week 3: Biking

Week 4: Hiking

Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.

**REGISTER
TODAY**

or at pehp.org
Sign up early to
receive all the
weekly emails

PEHP Wellness | 801-366-7300 | wellnesschallenges@pehp.org



Exercise Snacking

May 3-31

Having a hard time squeezing exercise into your hectic schedule? "Exercise snacking" involves incorporating small, consistent bouts of exercise throughout the day. See if exercise snacking could work for you!

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



Register
[here](#)
or at pehp.org



Track
your
activity



Report your
step total
at the end
of the month



Enter to win a
\$10 Amazon
gift card

URS employees not eligible