Ahhh, spring is in the air. Let’s get moving with *Spring Into Motion*!

Spring Into Motion is a four-week wellness challenge sponsored by the University of Texas System that is open to all UT SELECT medical plan members and their dependents age 18 and above.

As you log physical activity, you’ll explore a new spring theme each week — all while experiencing the rejuvenating physical and mental health benefits that outdoor activities offer.

Participants who log at least 60 points will earn a pair of Living Well socks and shoelaces. The UT System institution with the greatest challenge registration and completion rate will also win the wellness challenge traveling trophy!

- **April 1:** Challenge begins.
- **April 8:** Last day to register for the challenge.
- **April 28:** Challenge ends.
- **April 30:** Last day to log steps or minutes of physical activity.

Register today at [www.utlivingwell.com](http://www.utlivingwell.com)

Those who are unable to meet the challenge requirements due to medical constraints may request an alternate challenge completion requirement at [livingwell@utsystem.edu](mailto:livingwell@utsystem.edu).