

TIP OF THE WEEK



Walktober participants: Keep Logging your Activity!

Any activity counts, not just walking. Use the step conversion chart linked at bottom of the Walktober website to convert your activity. Here are just a few examples of step conversions:

Basketball game: **242** steps/minute

Gardening: **121** steps/minute

Weight lifting: **121** steps/minute

Yoga: **76** steps/minute

Remember, your challenge goal is to earn 20 leaves in 31 days. To earn a leaf for each day, you must log at least 6,000 steps or 30 minutes of activity.

Have any questions about the challenge or the online platform? Use the contact page at www.utlivingwell.com/#/contact.

WALKT  **BER**™

 **LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM