What if you could visit each UT institution without boarding a plane, hopping on a bus, or gassing up the car? Well, now you can!

*Keep UT Active* is a 6-week virtual Texas-wide campus tour to help you build well-being habits. You’ll virtually travel throughout The University of Texas System, stopping at amazing hot spots as you record your health behaviors.

Build well-being habits that last long after your system-wide tour is over.

**WHEN?**

Registration Period  
**SEPTEMBER 16 - OCTOBER 7**

Challenge Dates (6 weeks)  
**SEPTEMBER 30 - NOVEMBER 10**

**THE CHALLENGE**

Earn **150+ points to receive cool rewards** and help your institution win the traveling trophy. Accumulate points by completing these daily habits.

- **Physical Activity**  
  Get at least 6,000 steps or 30 minutes.

- **Microbreak**  
  Don’t shut your mind down; just switch channels for a few minutes so when you come back, you’re refreshed and ready to refocus. Simply changing the scenery, heading to a quiet room, or closing your eyes and listening to music will qualify.

- **Financial Wellness**  
  Take charge of your spending habits by tracking them.

**YOUR REWARDS**

- Multifunctional Fandana & Lunch Box!

**REGISTER NOW!**

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