

PEHP WELLNESS  
**Workout  
Warrior**



# Upright and Steady

July 1-31

Good balance tends to get worse as we get older and is a key element of fitness that is often overlooked. Improve your balance by incorporating some new exercises into your daily routine.

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



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



Track  
your  
activity



Report your  
step total  
at the end  
of the month



Enter to win a  
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*URS employees not eligible*