



PEHP WELLNESS
**Workout
Warrior**



Cognitive Care

September 1-30

A healthy body can contribute to a healthy mind so stay sharp by moving! Staying active each month can help improve cognitive functioning now and in the future.

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



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



Track
your
activity



Report your
total minutes
at the end
of the month



Enter to win a
\$50 Amazon
gift card

URS employees not eligible