



Mindful Movement

October 1-31

Exercise is often associated with hard work and sweat, but it can be relaxing. Learn how you can get an effective workout while calming your mind and relieving stress.

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