



# Sit Less, Move More

November 1-30

Sitting at a desk for 8-10 hours a day is taking its toll on our bodies. Increase movement at your desk to help prevent some of the negative consequences of sitting so much each day.

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



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