



Exercise Right & Sleep Tight

December 1-31

Like nutrition and exercise, sleep is an essential component of a healthy lifestyle. Regular exercise may help you sleep better each night and stay asleep longer.

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