



Ahhh, spring is in the air. Let's get moving with *Spring Into Motion!*

As you log physical activity, you'll explore a new spring theme each week — all while experiencing the rejuvenating physical and mental health benefits outdoor activities offer.

March 18: Opt in begins.

April 1: Logging begins.

April 8: Last day to opt in and join/create a team.

April 28: Last day of *Spring Into Motion*.

Features include:

- Team Competition
- Device Integration
- Mobile App
- Leaderboard
- Interactive Wall
- Resources and more...

Starting March 18, go to ***UTLivingWell.com***, create an account or log in, and opt in to *Spring Into Motion*.