

UC SANTA BARBARA

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UC Santa Barbara Staff

UC Living Well's Move More Challenge

Do you get at least 30 minutes of exercise a day? UC Living Well's Move More challenge lets you put yourself to the test and compete against coworkers.

Available at all UC locations, the Move More challenge is a first of its kind opportunity to get fit with your colleagues across the system. The six-week challenge is open to all employees and retirees who are covered on a UC-sponsored medical plan. You can join as an individual or better yet, join or create a team for additional motivation to increase your fitness level.

Registration is now open, and the challenge runs from June 23 to August 3. Move More challenges you to get at least 30 minutes of exercise, three times a week, although participants are more than welcome to do more. The challenge offers an online tool for tracking individual and team activity. The free iPhone and Android app OptumizeMe syncs with the online tool so participants can track activity while on the go.

Employees and retirees who are eligible for points through UC Living Well programs can earn 2,500 points toward a \$75 Visa® card. In addition, participants can get extra motivation and support by calling 1-855-688-9775 to work with a Wellness Coach during the challenge.

For more information or to register online, go to uclivingwell.ucop.edu.

About UC Santa Barbara

The University of California, Santa Barbara is a leading research institution that also provides a comprehensive liberal arts learning experience. Our academic community of faculty, students, and staff is characterized by a culture of interdisciplinary collaboration that is responsive to the needs of our multicultural and global society. All of this takes place within a living and learning environment like no other, as we draw inspiration from the beauty and resources of our extraordinary location at the edge of the Pacific Ocean.