



# New Year – New Goals

## January 4-31

Start 2021 off on the right track by setting small, attainable goals which can add up to big improvements in your overall health! We will provide you with motivational tips to help you achieve your physical activity goals for the New Year.

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



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



Track  
your  
activity



Report your  
step total  
at the end  
of the month



Enter to win a  
\$10 Amazon  
gift card

*URS employees not eligible*