



Mindful March

March 1-31

Physical activity doesn't have to be grueling. In fact, everyday activity can add up to meaningful health benefits. Join us this month to get ideas on how to incorporate mindful movement into your daily life.

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



Register
[here](#)
or at 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