

# Spring Training

Register now for Healthy Utah's March  
Health Challenge!



Just as there are fundamentals in baseball that are essential to the game, there are certain fundamentals when it comes to your health. Spring Training, Healthy Utah's baseball themed **health challenge**, will encourage participants to improve their overall health habits by completing and tracking various healthy activities. So regardless of age, gender, fitness level, or love of baseball, this challenge is for you!

## **As a participant of the Spring Training challenge, you will get:**

- Information about the fundamentals of physical activity
- Email tips how to get back in shape
- Motivation and encouragement to meet your goals
- Tips and ideas to help keep your physical activity interesting

## **Here's how to participate:**

1. Complete Spring Training goals & track your points
2. Earn at least 100 points during the month of March and complete an online survey to be entered into a drawing for a prize.

## **Register Now!**

Log onto your myHealthyUtah account and select Spring Training Challenge. Don't have an account yet? Create one today! Visit [www.healthyutah.org/myhu](http://www.healthyutah.org/myhu) with your PEHP number. Last day to register is **February 28, 2010**.

## **Questions?**

Contact us at (801) 538-6261, toll free at (888) 222-2542, or via email at [HealthyUtah@utah.gov](mailto:HealthyUtah@utah.gov)