

Healthy Utah Presents Our Next Health Challenge

Travel the Scenic Byways of Utah

May 1st-31st

Travel with us as we venture off the beaten path along the back roads and byways of Utah's beautiful scenic areas. This challenge will assist you in setting a personal goal for physical activity and nutrition, and then taking specific action steps to achieve those goals. The goal is to earn 100 points in 1 month by developing a physical activity program for when you're on the road and choosing healthier options at diners and drive-ins.

As a participant you will receive:

- E-mail tips on how to improve your nutrition and physical activity habits
- Physical activity routines you can do easily and quickly
- Information on the scenic byways throughout Utah

Rules:

1. Complete goals and track your progress during May. You earn up to 5 points daily for completing goals. Each individual needs to track their own points.
2. The goal is to earn 100 points. If you can earn 100 points over the course of the program and complete an online survey about your experience, you will be entered into a drawing for a prize.

Register Now!

Log onto your myHealthyUtah account and click on [Travel the Scenic Byways of Utah](#) Challenge. Don't have an account yet? Create one today! Visit www.healthyutah.org/myhu with your PEHP number. Last day to register is on [April 30th](#).

Questions?

If you have questions, contact us at (801) 538-6261, toll free at (888) 222-2542, or e-mail us at HealthyUtah@utah.gov

