CARPE DIEM!

Now more than ever is a great time to stay active and do what helps keep you grounded and feeling good. What does a win look like to you? It could be as simple as drinking water, moving your body, journaling, taking five minutes for yourself or finding alternative ways to connect socially. Whatever it is, increase and celebrate the moments that you can to seize the day!

Register: April 21 – May 1

• All UPlan employees and spouses are eligible to participate.
• Challenge yourself (as a team of one), or create a group and encourage each other virtually.
• Track your daily wins at least 30 out of the 40 challenge days to feel great and earn 100 points!

Sign up and start tracking at UMN.RedBrickHealth.com.