



Don't just make a resolution this year... make a new you.

Each week of the **Dare to Do Challenge** will encourage you to step outside your comfort zone. We'll also dare you to set a goal that involves:

- Steps taken
- Weight loss and/or
- Minutes exercised

The first 1,000 faculty and staff to register will receive a special Dare to Do notebook!

Begins January 18. Register now:

▶ tinyurl.com/uwdare2do



THE WHOLE U
UNIVERSITY *of* WASHINGTON

Dare to Do in 2016