Attention Faculty and Staff:

As a part of the Health and Fitness Program and Department of Health and Physical Activity’s mission to provide quality programming for the University of Pittsburgh’s faculty and staff, we are very excited to invite you to join the “BE FIT PITT” initiative.

This initiative uses PITT Text Message Alerts via the Health and Fitness Program group to assist you with becoming more mindful of your health and wellness behaviors.

This initiative will primarily focus on creating a healthier work day and environment by providing physical activity ideas, nutrition tips, and research-based information.

Launch Date: October 1, 2014

If you are not a fan of text messaging, have no fear! You can sign-up to receive these notifications via your PITT email account.

We look forward to helping you engage in a healthier lifestyle with these short but meaningful tips, tricks, and motivational suggestions. Several of these messages will link to more information.

Take advantage of this opportunity to
BE FIT PITT!

befit@pitt.edu

@BeFit_PITT