

52 ADVENTURES in HEALTHY LIVING

Complete 52 of the following adventures by 12/31/19

Winter

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|---|---|--|--|
| <input type="checkbox"/> Take a group fitness class | <input type="checkbox"/> Have a snowball fight | <input type="checkbox"/> Go to an Open Swim | <input type="checkbox"/> Visit a Winter Farmer's Market |
| <input type="checkbox"/> Shovel your neighbor's snow | <input type="checkbox"/> Go Sledding | <input type="checkbox"/> Build a Snowman | <input type="checkbox"/> Visit the Railyard at an Open Gym |
| <input type="checkbox"/> Try a new recipe with winter produce | <input type="checkbox"/> Go Snow Shoeing | <input type="checkbox"/> Go on a winter hike | <input type="checkbox"/> Map the country of origin of your produce for 1 week (on sticker) |
| | <input type="checkbox"/> Walk Indoors for 30 min. | <input type="checkbox"/> Go Ice Skating | |

Spring

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|---|---|---|---|
| <input type="checkbox"/> Go to a park you've never visited | <input type="checkbox"/> Play an Outdoor Game (like tag) | <input type="checkbox"/> Splash in Puddles | <input type="checkbox"/> Start a Family Gratitude Journal |
| <input type="checkbox"/> Feed the Ducks | <input type="checkbox"/> Run/Walk in a Fun Run/ 5K | <input type="checkbox"/> Visit a Zoo | <input type="checkbox"/> Bike or walk to school/work 1 day |
| <input type="checkbox"/> Plant a new vegetable in your garden | <input type="checkbox"/> Find a new bike path and go for a ride | <input type="checkbox"/> Pull weeds for at least 30 minutes | <input type="checkbox"/> Create a sidewalk mural with chalk |

Summer

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|--|---|--|---|
| <input type="checkbox"/> Go to an Outdoor Concert | <input type="checkbox"/> Have a picnic breakfast | <input type="checkbox"/> Hike a trail at a state park | <input type="checkbox"/> Try Kayaking/ Canoeing |
| <input type="checkbox"/> Exercise in the park | <input type="checkbox"/> Go Stargazing | <input type="checkbox"/> Hike a trail at a county park | <input type="checkbox"/> Chase fireflies |
| <input type="checkbox"/> Go Whitewater Rafting or go rafting in Whitewater | <input type="checkbox"/> Count the cracks in the sidewalk on your block | <input type="checkbox"/> Go to the beach | <input type="checkbox"/> Check out (& read) a book from the library |
| | | <input type="checkbox"/> Play with Bubbles | <input type="checkbox"/> Paint rocks & hide them |

Fall

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|---|--|---|---|
| <input type="checkbox"/> Visit a Pumpkin Patch | <input type="checkbox"/> Rake Leaves | <input type="checkbox"/> Build an Emergency/ Disaster Kit | <input type="checkbox"/> Admire foliage on hike |
| <input type="checkbox"/> Visit An Apple Orchard or U-Pick | <input type="checkbox"/> Plan & practice a family fire escape plan | <input type="checkbox"/> Bike or walk to school/work 1 day | <input type="checkbox"/> Organize a family fitness activity on Thanksgiving |
| <input type="checkbox"/> Collect leaves and create leaf art with them | <input type="checkbox"/> Change Batteries in Smoke & CO Detector | <input type="checkbox"/> Make a new recipe using a root vegetable | <input type="checkbox"/> Tour a local farm |

Anytime

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| <input type="checkbox"/> Perform a Random Act of Kindness | <input type="checkbox"/> Visit a Museum | <input type="checkbox"/> Go to a fair/ festival | <input type="checkbox"/> Create-your-own Mental Health Challenge |
| <input type="checkbox"/> Attend a Healthy Coalition Meeting | <input type="checkbox"/> Host a Family Game Night | <input type="checkbox"/> Attend a Health & Wellness Fair | <input type="checkbox"/> Create-your-own fitness Challenge |
| <input type="checkbox"/> Declutter 1 room and donate extra items to a local organization | <input type="checkbox"/> Go sight-seeing in your own town | <input type="checkbox"/> Go 1 day without screens | <input type="checkbox"/> Create-your-own Nutrition Challenge |
| | <input type="checkbox"/> Take the Stairs | <input type="checkbox"/> Have a Dance Party in your Kitchen | |

Done with your list? Send a picture of your list to Wellness.Advisor@forthc.com or mail it to Fort Hospital (Attn: Community Health & Wellness) 611 Sherman Ave East Fort Atkinson, WI 53538