

# 52 ADVENTURES in HEALTHY LIVING

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

## Winter

- |   |   |  |   |
|---|---|--|---|
| <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 county 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

- |   |   |   |   |
|---|---|---|---|
| <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

- |  |   |  |   |
|--|---|--|---|
| <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

- |   |  |   |   |
|---|--|---|---|
| <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

- |  |   |   |  |
|--|---|---|--|
| <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](mailto:Wellness.Advisor@forthc.com) or mail it to Fort Hospital (Attn: Community Health & Wellness) 611 Sherman Ave East Fort Atkinson, WI 53538