

# 20 for '20

**Exercise your mind & body this summer!**

Complete 20 activities of your choice by August 31, 2020. Win cool prizes!



## MIND

- Read in a park or outside
- Sign up for the summer reading program at your local library
- Complete the "StoryWalk" \*\*
- Register for "Community Pen Pals" or "Librarian Picks" \*\* (or any program)
- Perform a random act of kindness
- Start a personal/family gratitude journal
- Paint a gratitude rock & share it
- Learn a new skill
- Complete a puzzle or sudoku
- Listen to or play music for 30 minutes
- Practice meditation for 10 minutes
- Take a new route (to work/store)
- Call a friend or write them a letter
- Participate in a Tai Chi or yoga class (mind & body focused)
- Create your own challenge



## BODY

- Play an outdoor game (i.e. tag)
- Go sight-seeing in your own town (on foot or on bike)
- Go stargazing
- Walk/bike your neighborhood
- Walk/bike a new trail
- Go kayaking/canoeing/paddle boarding
- Go swimming
- Splash in the rain puddles
- Go golfing or try a new sport
- Create your own challenge
- Exercise in the park
- Visit a new park
- Attend a fitness class (online)
- Have a dance party in your kitchen
- Play a sports game (basketball, softball, baseball, tennis, volleyball, etc.)
- Plant some flowers or seeds/Pull weeds
- Try a new vegetable from the farmers market or store
- Try a new recipe
- Do a scavenger hunt (inside or out)

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## DIRECTIONS:

1. Complete 20 activities by August 31, 2020.
2. Fill out the contact information below.
3. Where to turn in your forms:
  - Drop off at the Fort Farmer's Market Info Booth or Fort Library.
  - Your Jefferson County Head Start teacher or family advocate.
  - Send a picture of your completed form to Wellness.Advisor@forthc.com
  - Mail to Fort Hospital (Attn: Community Health & Wellness) 611 Sherman Ave East, Fort Atkinson, WI 53538

**Win cool prizes! Completed forms will be entered into a prize drawing.**

PLUS, all kids 16 and younger who complete the activities will receive a free bike helmet. Please fill out the information below. You will be contacted to coordinate helmet pick up. Other prize drawings will be announced after August 31st.



*Please print legibly!*

**NAME (adult/parent):**

**Where did you learn about this challenge?**

**EMAIL:**

**PHONE #:**

**ZIP CODE:**

*Families may fill out one form. For helmet fitting purposes please provide the following:*

Child's Age: Head Circumference (inches):

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## Resources:

[www.FortLibrary.org](http://www.FortLibrary.org)

[www.FortHealthCare.com/wellness](http://www.FortHealthCare.com/wellness)



@FHC-for health

@FortHealthy

@FortAtkinsonFarmersMarket

## Partners:

