**Health Services To Business**

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**Name:**

**Gender:** Male □ Female □

**Age (optional):** □ 18-29 □ 30-44 □ 45-59 □ 60+

**Employer □ Spouse/Family □ Organization name □**

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**Outcome: Have you outdoor activities increased during the challenge?**

**Challenge goal: 30 activities**

**Your total activities for this challenge:**

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**Target: Experience each activity 5 times during the month. Fill in one get out in nature and get energized.**

**Challenge dates:** April 30 to May 19

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**Activity Tracker**

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**Everything is better outdoors!**

**Outdoors Challenge: NATURE-LY ACTIVE**
Challenge: Outdoors Active Challenge

Think of each one as a mini-vacation.

This challenge encourages you to explore new ways to enjoy the outdoors, think of each one as a mini-vacation.

Outdoors Active Challenge: Sunshine and Fresh Air

Summer weather can make you feel so good. Spending time in nature is a healthy way to escape the stress and craziness of everyday life.

Nature View: Active 

- Walk - Look deep into nature, and then you will understand everything better.

1. Land Rover

- Enjoy outdoor adventures and get new experiences for your life. All you need is a GPS system to create an adventure route.

2. Outdoor Choices

- Hike
- Swimming or fishing
- Enjoy canoeing, kayaking, or tubing.
- Enjoy some friendly competition with family friends or co-workers.

3. Sleepfinger splash

- Do some gardening. Visit an apple orchard to watch where your food is grown.
- Go hiking. Go for a walk to absorb what you are seeing.
- Do a scavenger hunt.
- Go to a local farmers' market. Pick-your-own farm or farmer's markets.

4. Park Pass

- Play with a friend or with your children.
- Enjoy playgrounds. Rent a local park.
- Check out a local or state park you have never explored before.

5. Blaze a Trail

- Have fun! Enjoy your surroundings and physical activity. Physical activity you enjoy.
- Take your bike and go.
- Let the sun warm your skin as you move.

6. Learn to Fly

- Learn to fly a kite or jump on your bike and go.
- Learn how to fly a kite or jump on your bike and go.
- Learn how to fly a kite or jump on your bike and go.

7. Play Time

- Play with a friend or with your children.
- Enjoy playgrounds. Rent a local park.
- Check out a local or state park you have never explored before.

8. Fruits of Labor

- Have fun! Enjoy your surroundings and physical activity you enjoy.
- Take your bike and go.
- Learn to fly a kite or jump on your bike and go.

9. Gel Festive

- Enjoy outdoor festivals.
- Feel connected.
- Enjoy a social hour or a family friend.
- Enjoy some friendly competition with family friends or co-workers.

10. Measure It

- Use a GPS system to create an adventure route.
- Go hiking. Go for a walk to absorb what you are seeing.
- Do a scavenger hunt.
- Go to a local farmers' market. Pick-your-own farm or farmer's markets.

11. Team Spirit

- Play with a friend or with your children.
- Enjoy playgrounds. Rent a local park.
- Check out a local or state park you have never explored before.

12. Go Fun!

- Enjoy outdoor festivals.
- Feel connected.
- Enjoy a social hour or a family friend.
- Enjoy some friendly competition with family friends or co-workers.

13. Outdoor Options

- Hike
- Swimming or fishing
- Enjoy canoeing, kayaking, or tubing.
- Enjoy some friendly competition with family friends or co-workers.

14. Sleepfinger splash

- Do some gardening. Visit an apple orchard to watch where your food is grown.
- Go hiking. Go for a walk to absorb what you are seeing.
- Do a scavenger hunt.
- Go to a local farmers' market. Pick-your-own farm or farmer's markets.

15. Park Pass

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16. Blaze a Trail

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- Take your bike and go.
- Let the sun warm your skin as you move.

17. Land Rover

- Enjoy outdoor adventures and get new experiences for your life. All you need is a GPS system to create an adventure route.

18. Outdoor Choices

- Hike
- Swimming or fishing
- Enjoy canoeing, kayaking, or tubing.
- Enjoy some friendly competition with family friends or co-workers.

19. Sleepfinger splash

- Do some gardening. Visit an apple orchard to watch where your food is grown.
- Go hiking. Go for a walk to absorb what you are seeing.
- Do a scavenger hunt.
- Go to a local farmers' market. Pick-your-own farm or farmer's markets.

20. Park Pass

- Play with a friend or with your children.
- Enjoy playgrounds. Rent a local park.
- Check out a local or state park you have never explored before.

21. Blaze a Trail

- Have fun! Enjoy your surroundings and physical activity you enjoy.
- Take your bike and go.
- Let the sun warm your skin as you move.

22. Land Rover