



Kickoff 2021 by completing 21 of the wellness activities below by January 31st. Once you've completed an activity, note the date you completed it on the line provided. Give yourself bonus points if you snap a selfie and share it on social media with #commUNITYwellnesschallenge.

Return completed sheet to the Library, Rec Center or Park HQ to be entered in the prize drawing.



www.wclibrary.info



www.cwpd.org



www.washingtontwp.org/recreation

Name: _____ Phone: _____

Check out an audiobook and listen while you walk

Date: _____

Hike the Hoot Route at Grant Park

Date: _____

Try pickleball at the park or Rec Center

Date: _____

Shoot some hoops at your closest court, park or Rec Center

Date: _____

Check out a book on fitness

Date: _____

Walk/Run/Bike to the Rec Center

Date: _____

Hike the Purple Trail at Bill Yeck Park

Date: _____

Build mental fitness using BrainHQ at wclibrary.info

Date: _____

Recruit a friend to join you in this challenge

Date: _____

Explore a new park

Date: _____

Take 3 laps around Countryside Park to complete 1 mile

Date: _____

Do 30 seconds of jumping jacks in your favorite park

Date: _____

Walk/Run/Bike to the Library

Date: _____

Make a healthy recipe from a library book

Date: _____

Complete the fitness trail at Oak Grove Park

Date: _____

Attend a virtual meditation class at wclibrary.info

Date: _____

Try a new fitness activity, park or trail

Date: _____

Work out at home with a fitness DVD from the Library

Date: _____

Walk or bike the multi-use trail at Holes Creek Park

Date: _____

Check out a Little Free Library and do the activity posted inside

Date: _____

Run, jump, play at your favorite playground

Date: _____

Walk/Run/Bike to your neighborhood park

Date: _____

Stream motivational music via Freegal at wclibrary.info

Date: _____

Challenge someone to a game of tennis

Date: _____

Attempt to cross from side to side of the Butterfly Garden playground equipment

Date: _____

Walk or bike the multi-use trail at Iron Horse Park

Date: _____

Invite someone to play a game in the park

Date: _____

Do a circuit at Countryside Park: 10 each - squats, tricep dips, step ups

Date: _____