

Winter Fitness Festival

Get Your Family Involved



Promoting Healthy People and Healthy Communities

Check off any items that you can for the next 2 weeks. Hand in your sheet to your supervisor by _____. Pick as many activities/items as you like.

All sheets handed in will be placed in a drawing for a healthy prize.

Buy a sub instead of a burger _____

Eat 5 fruits/vegetables per day _____

Have your BP checked _____

Refuse plastic bags-bring your own _____

Try a new vegetable dish _____

Exercise 30 minutes a day-5 days _____

Tell a friend a joke _____

Go to your favorite church _____

Give someone a hug _____

Shorten up your shower _____

Install water-saving faucets _____

Change incandescent lights to CFLs _____

Build a snowman _____

Name _____

Location _____

Home email _____