

NAME: _____



Stay Safe – Stay Healthy

The Family Keep Moving Challenge

Go for a family walk. Do some interval exercises along the route.	Run through the sprinklers – Mom or Dad can get wet too!	Hike the Barnes Butte Complex- Use the Kids in Parks Kiosk scavenger hunt.	Try Yoga Inside or Outside. (Search YouTube for Children's Yoga-designed for kids!)	Go fishing at the Angler Pond or a favorite spot
Work in a yard or garden (Maybe help an older neighbor or grandparents?)	Use fresh local produce to make a salad for dinner.	Draw chalk art on the sidewalk for other walkers to enjoy.	Do the Kids in Parks activities at CR Wetlands What migrating birds do you see?	Try a new healthy recipe. Post a pic! (see our favorites on our website)
Paint a rock and hide it for someone to find	Walk to the top of Barnes Butte – Take and Leave an item in the exchange box!	Like Crook County On The Move's facebook page	Learn to sew – how about a face mask to keep you safe?	Turn off the TV and play outdoor games.
Make paper hearts or fun signs and put in your window for walkers to see.	Take the dog for a walk – he's bored too!	Do an art project. Gift it by dropping it off on a friend's doorstep.	Go for a family bike ride	Pick up litter while walking the Ochoco Creek Trail
Create a card to send to your Grandparents or an elderly friend	Drink 3 glasses of water today (one in the morning, noon & night)	Have a Facebook group chat with friends.	Get neighbors to create a hunt – hiding stuffed animals in the window or yard for others to find.	Create a family book club. Read a book and share your favorite parts!

- Create rewards for completing any **5 squares**.
- **Go mobile** – Download the card at CrookCountyOnTheMove.org/Keep-Moving or take a picture of the card. Track your progress by Editing the Photo and using the Pencil editor to "X" out your squares!
- Like our facebook page for more ideas to Keep Moving, Be Nourished and Stay Refreshed. www.fb.com/CrookCountyOnTheMove
- Take our pledge AND **sign up for our email list** at www.CrookCountyOnTheMove.org. (Promise we won't fill your inbox.)
- **Post pictures** on your Facebook Page for others to enjoy
- tag @CrookCountyOnTheMove



#CrookCountyOnTheMove