

# Great Outdoors Winter Challenge

## January 2022 Health Yourself Challenge

Join Health Yourself this month to enjoy some time in the great outdoors. Not really a 'winter person'? Try these activities throughout January to see if they can change your mind!

### Who can participate:

Any benefited employees are eligible for points and prizes.

Benefited spouses can also participate to qualify for prizes.

### How to participate in this challenge:

Work on the bingo activities on the back of this page throughout January. Aim for no more than 2 bingo activities each day. Fill in the date that you complete each activity and any additional answers to questions. Return your completed bingo log to Jess Brown by February 7th.

### Points and Prizes:

Total points possible: 15; 5 points for 5-9 activities, 10 points for 10-19 activities, 15 points for 20-24 activities

Prizes: Prize drawings will be held for...

-Anyone who completes 5 activities in a row– across, down, or diagonally.

-Anyone who completes all 24 activities

-Random prize drawing for anyone who participates





# Great Outdoors Winter Challenge \* January, 2022 \* Health Yourself



Walks 	Photography 	Explore 	Play 	Winter Sports 
<p>Take a walk on the docks and watch for sea life!</p> <p>Date: _____</p>	<p>Snap a photo of alpenglow today.</p> <p>Date: _____</p>	<p>Explore one of your favorite summer spots outside—notice the difference in seasons.</p> <p>Date: _____</p>	<p>Make a snow angel or snowman.</p> <p>Date: _____</p>	<p>Try skiing— cross country or downhill.</p> <p>Date: _____</p>
<p>Head out for an early morning walk— at least 30 minutes.</p> <p>Date: _____</p>	<p>Take some winter photos of friends, family, or pets outside today.</p> <p>Date: _____</p>	<p>Check out a place you've always wanted to explore in Juneau. Where'd you go? _____</p> <p>Date: _____</p>	<p>Visit with a friend outside today.</p> <p>Date: _____</p>	<p>Take a lesson or try a you-tube tutorial on a winter sport technique. How'd it go? _____</p> <p>Date: _____</p>
<p>Create an easy, go-to spot to grab your ice cleats during slick conditions.</p> <p>Date: _____</p>	<p>Snap a close up of a wintery detail outside today.</p> <p>Date: _____</p>		<p>Spend some time by one of our natural bodies of water. Where'd you go? _____</p> <p>Date: _____</p>	<p>Go on a wintery hike. Where'd you go? _____</p> <p>Date: _____</p>
<p>Take a walk with a (2- legged or 4-legged) friend.</p> <p>Date: _____</p>	<p>Get a 'cool' photo of some ice today.</p> <p>Date: _____</p>	<p>Take a mindful walk— focus on each sense, one at a time.</p> <p>Date: _____</p>	<p>Make some frozen outdoor 'ice globes' with balloons, water, and food dye.</p> <p>Date: _____</p>	<p>Try snowshoeing. How'd it go? _____</p> <p>Date: _____</p>
<p>Try a late evening walk— at least 30 minutes How'd you like it? _____</p> <p>Date: _____</p>	<p>Take a fun winter selfie— perhaps a slow- motion snap in the snow!</p> <p>Date: _____</p>	<p>Venture to the other side of town to check out a wintery spot there. Where'd you go? _____</p> <p>Date: _____</p>	<p>Build a bonfire. (Go ahead and roast some marshmallows if you want!)</p> <p>Date: _____</p>	<p>Visit Eaglecrest to ski, snowboard, or sled!</p> <p>Date: _____</p>