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:

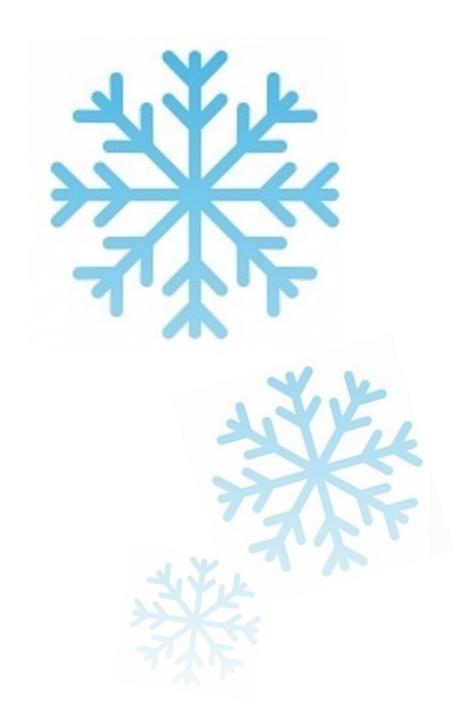
Work on the bingo activities on the back of this page throughout January. Aim for no more than 2 bingo activities each day. Fill in the date that you complete each activity and any additional answers to questions. Return your completed bingo log to Jess Brown by February 7th.

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





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

Total activities completed: _____ Due back to Jess Brown by 2/7.