

# WINTER CHALLENGE 2024

<p><b>create</b></p> <p>Have a "craft-ernoon" by doing an afternoon of art, crafts, or an activity that engages your creative side!</p>	<p><b>mindful</b></p> <p>Make a list of the things you are grateful for and put it where you can see it often.</p>	<p><b>time out</b></p> <p>Join a YWCA group class or explore free classes from local agencies like Cortland LGBTQ Center and Access to Independence.</p>	<p><b>connect</b></p> <p>Be a good neighbor! Notice one thing you can do for your neighbor.</p>
<p><b>experience</b></p> <p>Shop local! Visit one of our local businesses like Homer Men &amp; Boys' Store for your outdoor gear needs.</p>	<p><b>engage</b></p> <p>Add a daily or weekly healthy habit this winter and keep track to stay on course.</p>	<p><b>learn</b></p> <p>Connect with your local library for a virtual class, in-person event, or book club to learn something new or deepen your knowledge on a subject that you like!</p>	<p><b>eat healthy</b></p> <p>Warm up that oven and try a new healthy baked good recipe.</p> <p>Bonus points if your creation includes a vegetable!</p>
<p><b>eat healthy</b></p> <p>Bring the family to the YMCA for a FREE cooking class! or try a new healthy recipe for soup, stew, or chili.</p>	<p><b>wind down</b></p> <p>Stay away from screens for a night by listening to an audiobook or podcast.</p> <p>Bonus points if you stretch your muscles while listening!</p>	<p><b>move</b></p> <p>Try a class at Heart Centered Yoga or explore a new indoor workout on YouTube—Zumba, yoga, Pilates, or kickboxing, take your pick! Just 20 minutes to energize your body.</p>	<p><b>hike</b></p> <p>Complete a winter hike from the CNY Hiking list.</p> <p><u>Visit CNY Hiking</u> for trail guides!</p>
<p><b>move</b></p> <p>Enjoy skiing or snowshoeing at Lime Hollow (rentals available!) or engage in any outdoor activity that brings you joy.</p>	<p><b>connect</b></p> <p>Meet up friends and family at Bru 64 for coffee or hot cocoa. Feeling like staying in? Have a game night!</p>	<p><b>mind fit</b></p> <p>Challenge your brain power by doing a puzzle, meditating, or trying a new hobby.</p>	<p><b>move</b></p> <p>Try a new physical activity, like ice skating at the JM McDonald arena. Don't have skates? They offer rentals!</p>

PARTICIPATE IN THE WINTER CHALLENGE NOW THROUGH MARCH 31, 2024

Don't forget to take photos, tag @sevenvalleyshealthcoalition and #winterchallenge2024 for a chance to win one of our weekly prizes! Prize drawings will start on January 19th. For more information on the Winter Challenge visit [sevenvalleyshealth.org/physical-activity](https://sevenvalleyshealth.org/physical-activity) or call (607) 756-4198.

\*\*See back instructions for additional details\*\*



# Seven Valleys Health Coalition Presents: **WINTER CHALLENGE 2024**

## HOW TO PARTICIPATE:

**1 MAKE SURE YOU FOLLOW US ON SOCIAL MEDIA!**

**2 GRAB YOUR BOARD AT OUR OFFICE, LOCAL BUSINESSES AROUND TOWN, OR DOWNLOAD A COPY FROM OUR WEBSITE AND COMPLETE FOUR BOXES "BINGO STYLE"**

**3 POST YOUR PHOTO & TAG @SEVENVALLEYSHEALTHCOALITION AND USE #WINTERCHALLENGE2024 TO BE ENTERED INTO WEEKLY PRIZE DRAWINGS!**

**4 FOR AN EXTRA ENTRY – TAG TWO FRIENDS ON YOUR SOCIAL MEDIA ACCOUNT!**



   @sevenvalleyshealthcoalition

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