

# Granite State **90 DAY** CHALLENGE

**JUNE 1 - AUG 31, 2018**

#NH90Days #NHMoves



Walk, Run, Hike, Bike or MOVE however you like!

## THE 90 DAY CHALLENGE

The challenge is to exercise for 20 minutes or more every day in the months of June, July, and August. You can walk, run, bike, hike, paddle, swim or even fly a kite.

## GET OUT & EXPLORE

The Granite State 90 Day Challenge is a great opportunity to explore some of our 93 New Hampshire State Parks. When you register, your Challenge Passport includes FREE access to 8 New Hampshire State Parks from June 1st to August 31

## LET'S GET STARTED

1. Register for the challenge at [www.nhmoves.org](http://www.nhmoves.org)
2. Print the Granite State 90 Day Challenge Passport
3. Track your 20 minutes of physical activity each day

## THE FINE PRINT

When visiting these State Parks, you must present your 90 Day Challenge Passport with a valid NH driver's license. Youth participating in the Challenge are eligible for free access if they have a passport and are participating with an adult.

On July 15th, the first Granite State 90 Day Challenge participant at each of the New Hampshire State Parks listed below will win a 2019 New Hampshire State Park Pass. Learn more and Register at [www.nhmoves.org](http://www.nhmoves.org).

**BEAR BROOK STATE PARK\***  
**ALLENSTOWN**

**MILLER STATE PARK**  
**PETERBOROUGH**

\*No Beach Access

**MOOSE BROOK STATE PARK**  
**GORHAM**

**ODIORNE POINT STATE PARK**  
**RYE**

**ROLLINS STATE PARK**  
**WARNER**

**RYE HARBOR STATE PARK**  
**RYE**

**UMBAGOG LAKE STATE PARK**  
**CAMBRIDGE/ERROL**

**WINSLOW STATE PARK**  
**WILMOT**



Register at:  
[www.nhmoves.org](http://www.nhmoves.org)

