

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
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.

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

Anthem.
BlueCross BlueShield

Governor's Council On
Physical Activity & Health

NEW HAMPSHIRE
STATE
PARKS
NHSTATEPARKS.ORG