

2020 Granite State **90** DAY WINTER CHALLENGE

JAN 1 - MARCH 31

www.NHMoves.org



START OUT THE NEW YEAR ON THE RIGHT FOOT...

The Granite State 90 Day Winter Challenge is to exercise for 20 minutes or more every day in the months of January, February and March. Move for 20 minutes a day however and wherever you can!

BRING A BUDDY

Having a buddy helps 20 minutes of exercise breeze by. The right buddy can bring motivation, accountability, safety and fun to any activity! Sign-up as an individual and add a buddy or two.

HOW IT WORKS

Visit our Granite State 90 Day Challenge page at www.nhmoves.org to register through Eventbrite. Track your activity each day and complete the survey after the Challenge for a chance to win grand prizes like:

- **2020 NH State Parks Family Season Pass**
- **3 Month Membership Concord Family Y**
- **GENIUS Rechargeable Toothbrush provided by Northeast Delta Dental**

SHOW US YOUR MOVES

Post photos of your 20 minutes of activity on our Facebook page. Tell us how you're moving this winter! Each week we'll draw a submission to win a prize provided by local sponsors.



90 HEALTHY IDEAS

1. Pack a piece of fruit with your lunch
2. Check out a wellness book at your local library
3. Try pickle ball at a local facility
4. Drink 8 glasses of water
5. Volunteer at a local non-profit
6. Attend a workshop or lecture
7. Go for a walk or run
8. Say no to the elevator and take the stairs
9. Know your numbers: BMI, cholesterol & blood pressure
10. Try a new fitness class
11. Sleep 7-8 hours tonight
12. Meditate
13. Do 10 squats while you watch TV
14. Take an art class
15. Turn on a radio and dance
16. Clean your house and listen to music
17. Play a brain game or do a puzzle
18. Do sit-ups during TV commercial breaks
19. Start a gratitude journal
20. Visit a New Hampshire State Park
21. Cook with a new vegetable
22. Paint a kindness rock
23. Join a local book club & socialize
24. Walk 10,000 steps
25. Go bird watching
26. Go downhill skiing
27. Try indoor rock climbing
28. Play laser tag with your family
29. Take a mid day siesta
30. Join an intramural team
31. Watch the sunset
32. Go cross country skiing
33. Treat yourself to a facial
34. Take a dance class
35. Offer a kind word or compliment to a stranger
36. Pay it forward
37. Track your steps
38. Discover a new local walking trail
39. Donate blood
40. Take a yoga class
41. Take a healthy cooking class with a friend
42. Walk inside the mall 3 times
43. Go for your annual physical
44. Try a Zumba class
45. Buy yourself flowers
46. Take your dog for a walk
47. Go to a flower show
48. Take up a new hobby
49. Ice skate on a pond or lake
50. Ice skate indoors
51. Go sledding with friends and family
52. Read a good book
53. Get up early and work out
54. Move at least 20 minutes
55. Get up and stretch every hour at work
56. Snowshoe at night & star gaze
57. Go snow tubing
58. Download an app to track your exercise
59. Play a musical instrument
60. Eat 5 servings of fruits and vegetables
61. Try a meatless meal
62. Try a whole grain food
63. Go snowshoeing
64. Take a walk through a local park
65. Take a walk through your town
66. Watch the sun rise
67. Visit a winter farmer's market
68. Stretch in the morning
69. Build a snowman
70. Collect pine cones

ACTIVITY TRACKER

Check-off each day you are physically active for at least 20 minutes. This calendar is for your own personal fitness tracking. At the end of the challenge, we'll email you to ask how you did!

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

71. Go to a hockey game
72. Make a snow angel
73. Go ice fishing
74. Build a snow fort or igloo
75. Carve an ice sculpture
76. Walk on a beach in the snow
77. Make paper snowflakes
78. Make a winter bird feeder
79. Have a snowball fight
80. Build a winter bonfire
81. Read a book in front of a fire place
82. Visit a museum
83. Go bowling
84. Try a new craft
85. Make soup from scratch
86. Bake a loaf of bread
87. Look for animal prints in the snow
88. Shovel a neighbor's driveway
89. Play a new board game
90. Swim in an indoor pool