

# 2020 Granite State 90 DAY WINTER CHALLENGE

**JAN 1 - MARCH 31**

[www.NHMoves.org](http://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](http://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.



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# 90 HEALTHY IDEAS

- Pack a piece of fruit with your lunch
- Check out a wellness book at your local library
- Try pickle ball at a local facility
- Drink 8 glasses of water
- Volunteer at a local non-profit
- Attend a workshop or lecture
- Go for a walk or run
- Say no to the elevator and take the stairs
- Know your numbers: BMI, cholesterol & blood pressure
- Try a new fitness class
- Sleep 7-8 hours tonight
- Meditate
- Do 10 squats while you watch TV
- Take an art class
- Turn on a radio and dance
- Clean your house and listen to music
- Play a brain game or do a puzzle
- Do sit-ups during TV commercial breaks
- Start a gratitude journal
- Visit a New Hampshire State Park
- Cook with a new vegetable
- Paint a kindness rock
- Join a local book club & socialize
- Walk 10,000 steps
- Go bird watching
- Go downhill skiing
- Try indoor rock climbing
- Play laser tag with your family
- Take a mid day siesta
- Join an intramural team
- Watch the sunset
- Go cross country skiing
- Treat yourself to a facial
- Take a dance class
- Offer a kind word or compliment to a stranger
- Pay it forward
- Track your steps
- Discover a new local walking trail
- Donate blood
- Take a yoga class
- Take a healthy cooking class with a friend
- Walk inside the mall 3 times
- Go for your annual physical
- Try a Zumba class
- Buy yourself flowers
- Take your dog for a walk
- Go to a flower show
- Take up a new hobby
- Ice skate on a pond or lake
- Ice skate indoors
- Go sledding with friends and family
- Read a good book
- Get up early and work out
- Move at least 20 minutes
- Get up and stretch every hour at work
- Snowshoe at night & star gaze
- Go snow tubing
- Download an app to track your exercise
- Play a musical instrument
- Eat 5 servings of fruits and vegetables
- Try a meatless meal
- Try a whole grain food
- Go snowshoeing
- Take a walk through a local park
- Take a walk through your town
- Watch the sun rise
- Visit a winter farmer's market
- Stretch in the morning
- Build a snowman
- 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				

- Go to a hockey game
- Make a snow angel
- Go ice fishing
- Build a snow fort or igloo
- Carve an ice sculpture
- Walk on a beach in the snow
- Make paper snowflakes
- Make a winter bird feeder
- Have a snowball fight
- Build a winter bonfire
- Read a book in front of a fire place
- Visit a museum
- Go bowling
- Try a new craft
- Make soup from scratch
- Bake a loaf of bread
- Look for animal prints in the snow
- Shovel a neighbor's driveway
- Play a new board game
- Swim in an indoor pool