

# HCPS Health

## Challenge Menu

presented by the 2020



The QuaranTeam5 is challenging you to participate in activities to support staying fit - both mentally and physically. When you participate in any challenge, **submit this form** to enter to win a prize. The more challenges you complete, the more entries to win!

The **first 50 teachers to participate** will receive the book, *180 Days of Self Care for Busy Educators!*

**Two lucky winners** will receive a Nutri Ninja Pro Single Serve Blender and **one winner** will receive a CareFirst gift package!

You can also share your commitment to health using the hashtag **#HCPShealth** on social media.

### FITNESS

- Walk a mile on the Ma & Pa Trail
- Take a hike in Rocks State Park
- Create a BurnAlong account and do a workout
- Walk the Havre de Grace promenade
- Download the ShareCare app
- Other fitness activity: \_\_\_\_\_

### HOBBIES

- Learn/Work on a hobby
- Go window shopping
- Complete a jigsaw puzzle
- Other hobby: \_\_\_\_\_

### FOOD

- Pack a healthy lunch
- Try out a new recipe
- Make a healthy winter soup
- Treat yourself to dessert at a local business
- Other food related activity: \_\_\_\_\_

### RELAXATION

- Color a mandala
- Read a book for pleasure/enjoyment
- Drink hot cocoa with marshmallows in your pajamas
- Other relaxation activity: \_\_\_\_\_

### GRATITUDE

- Write a 'thank you' note to a colleague
- Do a random act of kindness
- Make a treat for a local fire station
- Other act of gratitude: \_\_\_\_\_

### FRIENDS & FAMILY

- Call a friend or family member and catch up
- Check-in with a neighbor
- Have a game or movie night
- Other friend/family activity: \_\_\_\_\_

### AROUND TOWN

- Visit a local playground
- Shop at a local business
- Visit a local historical site
- Other: \_\_\_\_\_
- Visit a local library