

Print Clearly
so we can easily
read it!

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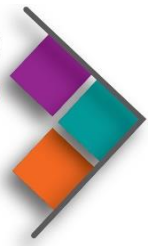
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On The Move

Crook County

Keep Moving Be Nourished Stay Refreshed

A program of Crook County Foundation



Celebrating Summer

The July Keep Moving Challenge

Hike Barnes Butte, Rimrock Park or Wetlands. (Check out the new KIDS IN PARKS kiosks.)	Kayak, Paddle Board, Swim, Water Ski or Wakeboard in Crook County.	Try Yoga – or take it outside with Yoga Hike. (See our resource page for yoga classes.)	Bike the backroads (Powell Butte backroads provide great mountain views!)	Play Pickle Ball, Frisbee, Tennis, or Badminton
Turn off the TV and enjoy an evening outside.	Take a friend to Picnic in the Park. Kick up your heels & dance to the music!	Walk or Jog with friends (Have you ever done the Splash N Dash on July 4 th ?)	Log your walking/jogging miles for a week. Use Strava, Map My Fitness, or just a piece of paper!	Walk one of the routes on the new CCOTM walking map. It's on our website!
Walk or bike instead of driving- post a pic. We are on Instagram and Facebook!.	Enjoy a favorite outdoor adventure. Turn on the cell phone just long enough to post a Pic on our Page!	Like our facebook page or share our Keep Moving posts.	Invite friends to Play the Keep Moving Challenge with you!	Invite a friend on a bike ride. (Share it with us! Post a pic on our facebook or instagram page.)
Walk, jog or bike to the C.R.O.P. Farmer's Market. (Great source for local veggies and goods)	Walk or bike to the coffee shop or restaurant (Use our walking map for the distance)	Hike the an Ochoco Nat'l Forest or CR Nat'l Grassland trail.	Walk 1, 2 or 3 miles Use the routes on the CCOTM walking map - Get yours on our website or at the Chamber!	Walk/jog with a group - Your friends, family or a group like P.O.R.K. or Walk with Ease
Have a picnic or bar-b-que with friends (Don't forget delicious fresh summer produce!)	Drink 3 large glasses of water today. (One in the morning, noon & evening)	Host a neighborhood get together (Include fun outdoor games)	Walk or jog the Ochoco Creek Trail -Remember to Share the Trail with others.)	Volunteer for an hour. (Post a picture & tell us it on our FB page)

- **Go mobile** – Download the card at CrookCountyOnTheMove.org/Keep-Moving or take a picture of the card. Track your progress by Editing the Photo and using the Pencil editor to “X” out your squares! Email the saved photo to us to enter into prize drawings.
- Complete any **5 squares** for a chance to win prizes. (Need ideas? Use the resource list on our website -CrookCountyOnTheMove.org/Keep-Moving)
- Complete more than one card to **increase your chances** (different activities must be completed).
- Go for a **BLACKOUT** (all squares) to **enter the Grand Prize drawing**.
- Take our pledge AND **sign up for our email list** at www.CrookCountyOnTheMove.org for another chance to win. (Promise we won't fill your inbox.)

#CrookCountyOnTheMove

- **Post pictures** on our Facebook Page for even more chances! www.fb.com/CrookCountyOnTheMove
- **Turn cards in for prizes** at: Via email info.ccotm@gmail.com or at these locations

Good Bike Co | Chamber of Commerce | Prineville Athletic Club

NOTE: Prizes cannot be mailed. But we will be happy to arrange prize pickup in town for you.

