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so we can easily  
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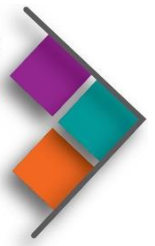
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# On The Move

Crook County

Keep Moving Be Nourished Stay Refreshed  
A program of Crook County Foundation



## Harvesting Bushels of Fun!

## Keep Moving Challenge

Rake. Pile. Jump. Clean up those fall leaves – then have fun jumping in the piles!	Hike an Ochoco Nat'l Forest or CR Nat'l Grassland trail. (Did you Find The Ranger Sept 14th?)	Tell Stories around a campfire or backyard bonfire.	Host a backyard boot camp obstacle course (Who will be the next ninja warrior?)	Take your favorite board games outside. Twister? Jenga? Sorry? Connect 4?
Take a crisp morning walk. Put the phones in your pocket & enjoy chatting with a friend!	Take Yoga outside! Let nature relax your soul.	Free Choice! Do your favorite exercise & post on CC On The Move's facebook page	Walk a dog. Your own, a neighbor's or how about showing a pup some love at the Humane Society?	Do something nice for someone. Help an older neighbor or grandparent or someone just having a bad day.
Play outside – maybe flag football, soccer, freeze tag, or frisbee!	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.	Hike Barnes Butte, Rimrock Park or Wetlands. (Check out the new KIDS IN PARKS kiosks.)	Share garden veggies with a neighbor, friend or family member. Post a pic of your bounty!
Try a new healthy recipe. Use fall veggies like squash, pumpkin, potatoes, beets, or carrots!	Bike ride on Crook County's backroads. Beautiful scenery and less traffic!	Work in the yard. It's great exercise! Rake leaves, plant bulbs, harvest the garden bounty!	Walk 1, 2 or 3 miles Use the routes on the CCOTM walking map - Get yours on our website or at the Chamber!	Explore your inner creativity. (Photograph fall colors, make a wreath, learn to paint – you choose!)
Walk, jog or bike. (Leave the car behind and enjoy the scenery)	Drink water instead of sugary drinks today.	Invite a friend on a bike ride. (Share it with us! Post a pic on our facebook or instagram page.)	Walk, Wog or Jog the Ochoco Creek Trail. (Out of breath? Take a break on the new benches!)	Volunteer in the community.

- **Go mobile** – Download the card at [CrookCountyOnTheMove.org/Keep-Moving](http://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](http://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](http://www.CrookCountyOnTheMove.org) for another chance to win. (Promise we won't fill your inbox.)
  - **Post pictures** on our Facebook Page for even more chances! [www.fb.com/CrookCountyOnTheMove](http://www.fb.com/CrookCountyOnTheMove)
    - **Turn cards in for prizes** at: Via email [info.ccotm@gmail.com](mailto: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.*

#CrookCountyOnTheMove

