



NAME: \_\_\_\_\_

**Stay Safe – Stay Healthy**

The **Family** Keep Moving Challenge

|   |   |  |   |   |
|---|---|--|---|---|
| Go for a family walk.<br><br>Do some interval exercises along the route.    | Run through the sprinklers – Mom or Dad can get wet too!                      | Hike the Barnes Butte Complex- Use the Kids in Parks Kiosk scavenger hunt. | Try Yoga Inside or Outside.<br>(Search YouTube for Children’s Yoga- designed for kids!)           | Go fishing at the Angler Pond or a favorite spot                            |
| Work in a yard or garden<br>(Maybe help an older neighbor or grandparents?) | Use fresh local produce to make a salad for dinner.                           | Draw chalk art on the sidewalk for other walkers to enjoy.                 | Do the Kids in Parks activities at CR Wetlands<br>What migrating birds do you see?                | Try a new healthy recipe.<br>Post a pic! (see our favorites on our website) |
| Paint a rock and hide it for someone to find                                | Walk to the top of Barnes Butte – Take and Leave an item in the exchange box! | Like Crook County On The Move’s facebook page                              | Learn to sew – how about a face mask to keep you safe?  | Turn off the TV and play outdoor games.                                     |
| Make paper hearts or fun signs and put in your window for walkers to see.   | Take the dog for a walk – he’s bored too!                                     | Do an art project.<br>Gift it by dropping it off on a friend’s doorstep.   | Go for a family bike ride   | Pick up litter while walking the Ochoco Creek Trail                         |
| Create a card to send to your Grandparents or an elderly friend             | Drink 3 glasses of water today (one in the morning, noon & night)             | Have a Facebook group chat with friends.                                   | Get neighbors to create a hunt – hiding stuffed animals in the window or yard for others to find. | Create a family book club.<br>Read a book and share your favorite parts!    |



- Create rewards for completing any **5 squares**.
- **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!
- Like our facebook page for more ideas to Keep Moving, Be Nourished and Stay Refreshed.  
[www.fb.com/CrookCountyOnTheMove](http://www.fb.com/CrookCountyOnTheMove)
- Take our pledge AND **sign up for our email list** at [www.CrookCountyOnTheMove.org](http://www.CrookCountyOnTheMove.org). (Promise we won’t fill your inbox.)
- **Post pictures** on your Facebook Page for others to enjoy  
- tag @CrookCountyOnTheMove

#CrookCountyOnTheMove