



Summer Recreation Challenge

July 16—August 10, 2012

Objective: The objective of the Summer Recreation Challenge is to encourage healthy outdoor activity. With summer here, it is a good time to get out and enjoy the warm weather while participating in an activity that will benefit our health. Participants of this challenge who earn 40 points by engaging in outdoor activities will be entered into a prize drawing.

Point System: Participants can enter points on the Challenge Tracker or track their points on a hard copy form located on the next page. Hardcopy forms can be mailed upon completion of the challenge to **MSIN: G3-70**. Forms must be received by August 16th, 2012 in order to be eligible for the prize drawings. Winners will be announced on August 20th, 2012.

Activity	Description	Point value
Take a Hike	Hike up Badger Mountain (or similar hiking trail of your choice). Enjoy reaching a new altitude and vantage point, while getting your heart rate up and your muscles working. Don't forget your sunscreen and water bottle!	10 points (one-time only)
Enjoy the Fruits of their Labors	Visit a local farmer's market to pick up some fresh produce. Try fruits or vegetables that are new to you while you support our local agriculture.	10 points (one-time only)
Be a Water Baby	The temperature is rising. Find refreshment from the heat by playing in the water. Try paddling a kayak down the Columbia River, swimming at the local pool, attending a water aerobics class, or other water activity that provides exercise while keeping you cool.	10 points (one-time only)
Play the Game	Enlist your family and/or friends in some friendly competition. Select an outdoor game, such as badminton, volleyball, basketball, croquet, or other game, to enjoy the longer days and pace of life summertime offers.	10 points (one-time only)
Enter weight into the Hanford Highway to Health	Log into the Hanford Highway to Health and enter your weight at the beginning and end of the Challenge for a total of 10 points!	5 points for each entry

Results: All participants who complete 4 of the 5 activities (40 points or more) throughout the 4 week challenge will be eligible for prize drawings. The drawing will be held on August 20th.

How to join the challenge: Look for the Health Challenge Tracker link on our website www.hanford.gov/amh or access the challenge tracker from home at www.amhchallengetracker.com.

Prizes!

Check out this prize!!! Eight lucky winners will stay hydrated and look sporty when they walk away with this High Sierra Ridgeline waist pack. It has a place for all your summer necessities, plus you can slurp on 36 ounces of refreshing water while you play in the summer sun!





Summer Recreation Challenge

July 16—Aug 11, 2011

HARD COPY TRACKER

NAME: _____ CONTRACTOR: _____ TEAM: _____

Activity	Completed (10 points each)
Take a Hike	
Sample the Fruits of their Labors	
Be a Water Baby	
Play the Game	
Enter weight into Hanford Highway to Health	

Total Points: _____

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Enter weight into the Hanford Highway to Health	Log into the Hanford Highway to Health and enter your weight at the beginning and end of the Challenge for a total of 10 points!	5 points for each entry