

Get Healthy Kewaunee County!

Complete 20 squares and get entered into a prize drawing.

Sponsored in partnership with Kewaunee Health & Fitness, Bellin Health, Kewaunee County Public Health, Fit Families, & Stodola's IGA.

Try a new healthy recipe today.	Go for a walk on the Ahnapee State Trail.	Drink eight glasses of water today and avoid sugary drinks.	Visit Crescent Beach in Algoma and walk or jog on the boardwalk.	Take a walk with a friend, co-worker, or family member.
Eat five servings of fruits and vegetables today.	Get 30 minutes of cardio exercise today.	Visit Ryan Park in Kewaunee and hike on the trail.	Go for a 30-minute walk on a new route you haven't taken before.	Practice a relaxation technique like deep breathing or meditation.
Reduce screen time to two hours or less per day for three days.	Do 15 minutes of stretching and invite a friend or family member to do the same.	Donate to a local charity.	Check this box if you ate three servings of veggies three times this week.	Visit Winter Park in Kewaunee and try some tubing or skiing.
Write down three things you are grateful for each day for a week.	Get your heart rate up with 20 minutes of cardio exercise.	Try having fruit in place of dessert three days this week.	Perform at least four muscle-strengthening exercises three times a week.	Check this box if you exercised 150 minutes in a week.
Crank up the music and dance for 20 minutes.	Eat three different colored vegetables today.	Take a 30-minute brisk walk along the lakeshore.	Check this box if you drank eight glasses of water each day for a week.	Donate a healthy item to your local food pantry.

- Complete 20 squares by March 1, 2021.
- Then submit your card to Kewaunee County Public Health Dept.
- See back for details.

bellinhealth