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## February 6th-March 2nd, 2012

Travel to Juneau, Alaska this winter! Each day you try at least one activity from the chart below you will earn 100 miles. Try something every day and you will earn enough miles to “walk” from La Crosse County, WI to Juneau, Alaska, approximately 2,800 miles! Place an X in the box after you try an activity.

|   |   |  |  |  |   |   |   |   |  |
|---|---|--|--|--|---|---|---|---|--|
| <p>Take 15 minutes to build a snow family.</p>        | <p>Stretch your arms and legs for 3 minutes each.</p>            | <p>Snowshoe or walk around your neighborhood for 10 minutes.</p>   | <p>Eat a vegetable with lunch.</p>                | <p>Do 5 push-ups. Rest. Repeat.</p>                                | <p><b>Free Space</b><br/>Choose your own activity for 10 minutes.</p>   | <p>Spell out the ABC's with your body.</p>             | <p>Have fruit for a snack.</p>                             | <p>Run in place for 3 minutes. Rest. Repeat.</p>                                 | <p>Climb the stairs for 3 minutes. Rest. Repeat. No stairs? Pretend!</p>   |
| <p>Dance to your favorite music for 10 minutes.</p>  | <p>Shovel the sidewalk for 10 minutes.</p>                       | <p>Have a vegetable for a snack.</p>                          | <p><b>Free Space</b><br/>Choose your own activity for 15 minutes.</p>  | <p>Play Follow the Leader.</p>                                     | <p>Jump in and out of a Hula Hoop or circle 25 times. Rest. Repeat.</p>  | <p>Use a piece of string on the floor to practice walking on a tight rope for 3 minutes. Repeat.</p>                                      | <p>Play in the snow for 10 minutes.</p>                    | <p>Eat fruit for dessert.</p>    | <p>Imitate 10 different animals and how they walk.</p>  |
| <p>Do 25 Jumping Jacks. Rest. Repeat.</p>            | <p>Take 20 minutes to build a snow fort, cave, or igloo.</p>     | <p>Eat fruit with breakfast.</p>                              | <p>Do 10 sit-up's or crunches. Rest. Repeat.</p>  | <p>Bundle up for a 10 min. walk after dinner with your family.</p>  | <p>Eat a vegetable with supper.</p>                                      | <p>Walk backwards for 3 minutes. Reverse. Repeat.</p>  | <p>Roll like a log for 3 minutes. Rest. Repeat.</p>   | <p>March like you are in a parade for 5 minutes. Rest. Repeat.</p>  | <p>Play Duck, Duck, Goose for 10 minutes.</p>           |
| <p><b>Free Space</b><br/>Choose your own activity for 10 minutes.</p>   | <p>Drink a glass of low-fat milk with breakfast or lunch.</p>  | <p>Play TWISTER with family or friends for 10 minutes.</p>  | <p>Eat a fruit with lunch.</p>                  | <p>Go sledding with family or friends.</p>                       | <p><b>Free Space</b><br/>Choose your own activity for 10 minutes.</p>   | <p>Hop on your right leg for 2 minutes. Switch legs. Rest. Repeat on both legs.</p>   | <p>Bend and touch your toes 10 times. Rest. Repeat.</p>  | <p>Eat a food made with whole grains.</p>                                      | <p>Go for a winter hike or walk for 10 minutes.</p>   |
| <p>Play one of the Toddler Games found on the website.</p>  | <p><b>Free Space</b><br/>Choose your own activity for 10 minutes.</p>   | <p>Help your family cook a healthy supper.</p>              | <p>Balance on each legs for 1 minute. Rest. Repeat on both legs.</p>   | <p>Play in the snow for 10 minutes.</p>                          | <p>Do the Hokey Pokey and Chicken Dance.</p>                           | <p><b>Free Space</b><br/>Choose your own activity for 10 minutes.</p>   | <p>Drink a glass of water with your snack.</p>           | <p>Put a yard stick on the floor and jump over it 25 times. Rest. Repeat.</p>  | <p>Play musical chairs for 10 minutes.</p>            |

