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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.

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|--|---|--|---|--|---|--|--|---|---|
| <p>Take 20 minutes to build a snow family.</p>  | <p>Stretch your arms and legs for 3 minutes each.</p>  | <p>Snowshoe around your neighborhood for 5 minutes.</p> | <p>Eat a vegetable with lunch.</p>  | <p>Do 15 push-ups. Rest. Repeat.</p>  | <p>Free Space Choose your own activity for 10 minutes.</p> | <p>Play Wii Fit for 10 minutes.</p>  | <p>Have fruit for a snack.</p>  | <p>Rent an exercise or dance DVD or video from the library.</p>  | <p>Climb the stairs for 10 minutes. No stairs? Pretend!</p>  |
| <p>Dance to your favorite music for 15 minutes.</p>  | <p>Shovel the sidewalk for at least 15 minutes. Don't forget your neighbor's sidewalk.</p> | <p>Have a vegetable for a snack.</p>  | <p>Free Space Choose your own activity for 15 minutes.</p> | <p>Visit a local park and play catch with a Frisbee.</p>  | <p>Jump in and out of a Hula Hoop 50 times. Rest. Repeat.</p>  | <p>Have a snowball tossing contest using Hula Hoops as your targets.</p>  | <p>Play in the snow for 15 minutes.</p>  | <p>Eat fruit for dessert.</p>  | <p>Create an obstacle course in the snow.</p>  |
| <p>Do 100 Jumping Jacks. Rest. Repeat.</p>  | <p>Take 15 minutes to build a snow fort, cave, or igloo.</p>  | <p>Eat fruit with breakfast.</p>  | <p>Do 25 sit-up's or crunches. Rest. Repeat.</p>  | <p>Bundle up for a 20 minute walk after dinner with your family.</p>  | <p>Eat a vegetable with supper.</p>  | <p>Walk 3 laps around the mall.</p>  | <p>Jump rope for 5 minutes. Rest. Repeat.</p>  | <p>Play snow golf by digging holes in the snow and marking the hole with a stick.</p>  | <p>Go outside and jog or walk around your house 2 times. Switch directions and repeat.</p> |
| <p>Free Space Choose your own activity for 15 minutes.</p> | <p>Drink a glass of low-fat milk with breakfast or lunch.</p>  | <p>Play TWISTER with family or friends for 15 minutes.</p>  | <p>Eat fruit with lunch.</p>  | <p>Go sledding with family or friends.</p>  | <p>Free Space Choose your own activity for 15 minutes.</p> | <p>Make 100 Snow Angels.</p>  | <p>Practice a few new yoga moves for 15 minutes.</p>  | <p>Eat a food made with whole grains.</p>  | <p>Go for a winter hike for 5 minutes.</p>  |
| <p>Lay on your back and pretend to ride a bike for 10 minutes. Rest. Repeat.</p>  | <p>Bundle up for a walk to school.</p>  | <p>Help your family cook a healthy supper.</p>  | <p>Create a giant tic-tac-toe board using sticks and pinecones.</p>  | <p>Free Space Choose your own activity for 15 minutes.</p> | <p>Do the Hokey Pokey and Chicken Dance.</p>  | <p>Free Space Choose your own activity for 15 minutes.</p> | <p>Drink a glass of water with your snack.</p>  | <p>Put a yard stick on the floor and jump over it 100 times. Rest. Repeat.</p>  | <p>Play musical chairs for 15 minutes.</p>  |

