





Coulee Region Walk Around the World Challenge

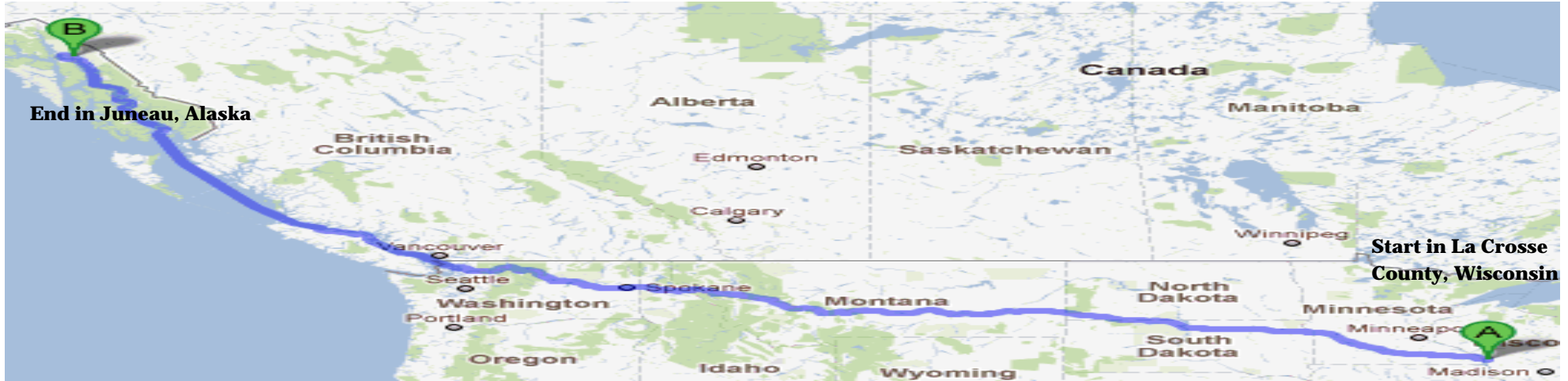


February 6th-March 2nd, 2012

Travel to Juneau, Alaska this winter! Each day you try at least one activity from the chart below you will earn 140 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>Bundle up for a walk to School.</p> 	<p>Stretch your arms and legs for 5 minutes each.</p> 	<p>Snowshoe around your neighborhood for 15 minutes.</p>	<p>Eat a vegetable with lunch.</p> 	<p>Do 15 push-ups. Rest. Repeat.</p> 	<p>Free Space</p> <p>Choose your own activity for 15 minutes.</p>	<p>Play Wii Fit for 20 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 10 minutes.</p> 	<p>Shovel the sidewalk for at least 10 minutes. Don't forget your neighbor's sidewalk.</p>	<p>Have a vegetable for a snack.</p> 	<p>Free Space</p> <p>Choose your own activity for 10 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>Free Space</p> <p>Choose your own activity 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>Go ice skating or play hockey.</p> 	<p>Eat fruit with breakfast.</p> 	<p>Do 25 sit-up's or crunches. Rest. Repeat.</p> 	<p>Bundle up for a 15 minute walk after dinner with your family.</p> 	<p>Eat a vegetable with supper.</p> 	<p>Walk 3 laps around the mall.</p> 	<p>Drink a glass of water with supper.</p> 	<p>Go roller-skating.</p> 	<p>Go outside and jog or walk around your house 3 times. Switch directions and repeat.</p>
<p>Free Space</p> <p>Choose your own activity for 15 minutes.</p>	<p>Drink a glass of low-fat milk with breakfast.</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>Free Space</p> <p>Choose your own activity for 15 minutes.</p>	<p>Take a friend and go for a 20 minute walk/ run.</p>	<p>Practice a few new yoga moves for 10 minutes.</p> 	<p>Eat a food made with whole grains.</p> 	<p>Go for a winter hike or walk for 10 minutes.</p> 
<p>Lay on your back and pretend to ride a bike for 5 minutes. Rest. Repeat.</p> 	<p>Free Space</p> <p>Choose your own activity for 10 minutes.</p>	<p>Help your family cook a healthy supper.</p> 	<p>Take your dog for a walk around the neighborhood.</p> 	<p>Play Basketball for 20 minutes</p> 	<p>Jump rope for 10 minutes.</p> 	<p>Free Space</p> <p>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 100 times. Rest. Repeat.</p> 	<p>Go bowling.</p> 

To keep your body healthy, aim for 60 minutes of physical activity a day. Check out www.mypyramid.gov for age specific dietary recommendations.



Classrooms that participate everyday will be put in a drawing for a \$50 gift card to purchase classroom supplies .

Turn your logs in by **March 9th** be entered in the drawing.

Mail to:
Virginia Loehr
La Crosse County Health Dept.
300 North 4th Street
La Crosse, WI 54601

Teacher Name: _____

School: _____ **Grade level:** _____

Please give us feedback by answering the following questions. Circle your answer.

1. Do you feel this activity helped you/your students incorporate physical activity and healthy eating into your daily routine?

Yes _____ No _____

2. Please share any ideas you have for improving this challenge.

3. Do you have any activities you'd like added to the log?
