



Third Quarter 2009 Activity Options

July 1st - September 30th

Every Healthy Lifestyles participant (regardless of if you have a coach or not) is required to complete a minimum of **20 participation points** each quarter.

(These points are IN ADDITION to your regular exercise programs).

- Participate in the Take A Hike Challenge Mon, July 13th - Mon, Aug 24th. Watch your email for more details to come. (20 points for completing the challenge)
- Take advantage of the summer! Participate in an ACTIVE activity (ie hiking, biking, swimming, etc) - visit <http://utah.com/>, or www.utahadventurer.com for some fun ideas. (5 points per half hour of activity)
- Get Prepared at Work. Bring a 72 hour kit to store at your desk at work just in case an emergency happens on work time. (10 points)
- Participate in TOPS (Take Off Pounds Sensibly). Held in Room 1611 of the Health & Justice Bldg. at 12:15 pm every Tuesday. (20 points for participating all quarter)
- Get checked for skin cancer at a Skin Cancer Screening offered regularly by the Utah County Health Department. Contact Rina Roy for more information 851-7045. (10 points)
- Donate blood. Participate in a blood drive and donate to a worthy cause. (10 points)
- For Moms of babies...Breastfeed your baby. Breastfed babies enjoy great health benefits. For more information see www.utahcountyonline.org/Dept/HealthWIC/BreastFeed.asp (20 points for breastfeeding all quarter)
- Participate in The President's Challenge. Go to www.presidentschallenge.org to register. The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve. (20 points)
- Participate in America on the Move. Go to www.americaonthemove.org and register for the 6-week program. America On the Move offers free, personalized online resources & interactive tools to get you moving and eating a balanced diet. (20 points)

- For Parents...Introduce your children to any or all of these **Kid Friendly Healthy Websites**. (5 points)
 - www.kidnetic.com - fitness challenges, games, quizzes, and other fun stuff to help you move, eat, and learn better
 - www.kidshealth.org - straight talk, cool games, and practical advice on health & wellness
 - www.intermountainhealthcare.org/weight - IHC's weight management online center for grownups, kids, and families.
- **Discover WebMD**. Spend some time familiarizing yourself with the wealth of trustworthy health resources found at www.webmd.com. This site has everything ranging from checking the symptoms of an illness to great information about healthy living. (5 points)

July

- Wed, July 1st **Food Sense Class: Viva Veggies-Cucumbers** from 6:30-8:30 pm in the Utah County Admin. Building, L700. (10 points)
- Sat, July 4th **Provo Freedom Festival Freedom Run (10K, 5K or 1 Mile)**. Go to www.freedomfestival.org/public/event_details/25 for information. Walkers welcome. (20 points)
- Sat, July 18th **Deer Creek Triathlon**. Go to www.trailrun.com/deercreektri/ for more information. (20 points)
- Thurs, July 16th **Earthquake Preparedness Brown Bag** presentation at 12:00 noon in H&J Room 2500. Maralin Hoff, the "Earthquake Lady" will help us get ready for "the big one." (10 points)
- Thurs, July 16th **Food for Thought: Cooking with Dried Milk** in Utah County Admin. Building, L700. Class will be held at 11:30 am and 6:30 pm. (10 points)
- Sat, July 18th **American Fork Steel Days 5K**. To register go to www.afsteeldays.com/forms/5K_Application.pdf. (20 points)
- Tues, July 21st **Nutrition During Pregnancy Learn It@ Your Library Series** from 7:00-8:00pm in the Provo Library, Bullock Room #309. (10 points)
- Fri, July 24th **Provo Pioneer Day Classic 5K/10K**. Go to www.run13.com/14.html for more info. Walkers welcome. (20 points)
- Fri, July 24th **Spanish Fork Speedy Spaniard Road Race**. Go to www.spanishfork.org/newsevents/events/fiestadays/pdf/09_FD_SS_10K_Form.pdf for more information. (20 points)

- Sat, July 25th **Spring View Farms 5K**. Visit www.sports-am.com/events/index704.htm for more information. (20 points)
- Wed, July 29th **USU Extension Canning Vegetables** class in County Admin. Building, L700 from 12:00-1:00pm or 6:30-7:30pm. (10 points)
- **Enjoy Summer Veggies**. Take advantage of Utah County's delicious summer vegetables. Eat a total of 5 vegetarian meals (no meat) anytime throughout the month. (15 points)

August

- August 1st - 8th **Alpine City Days**. Find event information & registration forms at www.alpinecity.org. Participate in any of the events including; a mountain bike race, a bowling tournament, a golf classic, a hike to Lake Hardy, water games &/or a 5K run/walk. (20 pts)
- Wed, Aug 5th **Food Sense Class: Viva Veggies- Carrots** from 6:30-7:30pm, located in Utah county Admin. Building L700. (10 points)
- Sat, Aug 8th **Provo River Trail Half Marathon**. Go to www.trailrun.com/prhalfmarathon/ for more information. (20 points)
- Wed, Aug 12th **Diabetes/Kidney Disease Awareness Brown Bag** in the Health & Justice Bldg Room 2500 at 12:00 Noon. (10 points)
- Sat, Aug 15th **Utah Half Triathlon** (1.2 mile swim, 56 mile bike ride, and 13.1 Mile Run) in Provo. For more info go to <http://racetri.com/>. (20 points)
- August 17th - 21st **BYU Education Week**. Attend any health related presentation. For information go to <http://ce.byu.edu/ed/edweek/>. (10 pts)
- Tues, Aug 18th **Using Your Wheat** Learn it @ Your Library Series on at the Provo Library, 7-8 pm Bullock Room #309. (10 points)
- Thurs, Aug 20th **Food For Thought: Quick Meals** on from 11:30 am-1:00pm at the Utah county Admin. Building, L700. (10 points)
- Sat, Aug 22nd **Race for Recovery 10k/5k/ or 1 Mile** at Mt. Timpanogos Park, Provo Canyon. Go to www.race4recovery.com/ for more information. (20 points)
- Wed, Aug 26th **Canning Fruits Class** at the Utah County Admin. Building, L700 at 12:00pm-1:00pm or 6:30pm-7:30pm. (10 points)

September

- Take advantage of the Fall Harvest and eat at least 5 fruits and/or vegetables every day for 1 week. (15 points)
- Walk Your Child to School. Enjoy the fall weather and teach your child safety precautions as you walk them to school. (5 points per day of walking)
- Sat, Sept 5th Spanish Fork ½ Marathon or 5K. Go to www.spanishforkhalf.com/index.htm for more information. (20 points)
- Tues, Sept 15th Viva Vegetables/or Deceptively Delicious Learn It @ Your Library Series from 7:00-8:00pm in the Provo Library, Bullock Room #309. (10 points)
- Thurs, Sept 17th Food for Thought: Using Your Wheat-Making Bread at the Utah county Admin. Building, L700. Class will be held at 11:30am-1:00pm or 6:30-7:30pm. (10 points)
- Thurs, Sept 17th Brown Bag Seminar 12:00 Noon H&J Room 2500. (10 points)
- Thurs, Sept 24th Canning Meats at the Utah county Admin. Building, L700. Class will be held 12:00pm-1:00 pm or 6:30pm-7:30 pm. (10 points)
- Wed, Sept 30th - Last day of the 3rd quarter. Make sure to contact your coach and report your quarterly activity! Please try to only fill out one form 😊

This list is NOT all-inclusive. If you know of any other activities, please contact me so I can add them to it. If you participate in any activity that is not listed here (such as a 5K, golf tournament, health fair, exercise program, educational workshop, etc) please contact me regarding points. You must report your points to Emilee Pike by email emilees.uchlth@state.ut.us or phone 801-851-7098.