



**10 Weeks to  
Wellness**

<b>Date Launch</b>	<b>Activity</b>
7/5/2020	Find a public trail near you!
7/12/2020	Water Activities
7/19/2020	Go for a hike
7/26/2020	Go for a bike ride
8/2/2020	Geo caching
8/9/2020	Home Exercise
8/16/2020	Try something old – For FUN
8/23/2020	Take the stairs!
8/30/2020	Walking with purpose and friends
9/6/2020	Walk/ Run/ Bike – in different ways.

