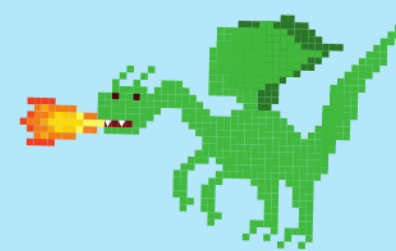




SUMMER READING
2020



LET THE GAMES BEGIN

Complete at least one of the activities listed below to get your healthy living badge.

- 🌻 **Head outside and take a hike** (If you already walk Boomer Lake regularly, try a different trail this time)
 - [Here's a list of popular Stillwater area trails](#)
 - 🌻 **Pick a new healthy habit**
 - [Learn to meditate](#) with UCLA Health to reduce stress
 - Take up yoga: check out one of these free sites [DoYogaWithMe](#), [YogaWithAdriene](#)
 - Find new ways to enjoy [fruits and veggies](#)
 - 🌻 **Set a new fitness goal such as walking for 30 minutes at least 4 times a week**
 - 🌻 **Play a game—outside**
 - Dust off that tennis racket
 - Put up the badminton net
 - Play a game of [Calvinball](#) with your family or friends.
 - 🌻 **Help a younger family member** in the kids or teen Summer Reading Program complete their challenges. If you're a full participant in helping them, you get your badge as well!
-

When you're done with the challenge, fill out this [Google form](#) to get your secret code.

Enter the secret code in [BookPoints](#) to get your badge and win your prize.

(All prizes can be picked up at the library after July 31)