

Scavenger Hunt Quick Tips

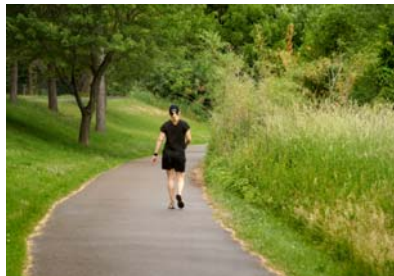


Scavenger Hunt is an eight-week program to discover community resources that you can use to eat healthier, be more physically active, quit tobacco or manage stress and achieve overall improved health.

Below are just a few examples of the kinds of resources that might be helpful to you and your co-workers as you go through the program. Put your thinking caps on and gather resources that can help everyone adopt healthier habits!

Eat Smart

- A restaurant serving healthy options
- A nearby farmers market or pick-your-own farm
- A cookbook of healthy recipes



Move More

- A greenway/hiking trail
- An upcoming walk/run for a good cause
- A non-competitive club or local team league for sports such as tennis, swimming, softball, football, etc.

Quit Now

- Tobacco cessation resources available in the local health department or hospital
- An online quit support program
- Cessation resources available from health insurance carriers



Manage Stress

- A park or other nice location for family picnics
- A book club or other support group that meets regularly
- A local volunteer program