

GET HEALTHY KNOX

JUNE

2023 *Summer Fun* Bingo Challenge

Eat 5 servings of fruits or vegetables today 	Attend an annual wellness visit or dental appointment	Go fishing	Go for a swim or visit Fredericktown's new Splash Pad	Enjoy screen free family time at SPI Spot in Mount Vernon 
Take a stroll on a Storybook Trail @Wolf Run Park, or the Fredericktown or Gambier Library	Try a vegetarian recipe @ celebrateyourplate.org	<i>Strawberry Full Moon Ride</i> June 3 @ 7 p.m. Heart of Ohio Trail 59 Johnsville Rd Centerburg, OH	<i>Yoga in the Garden</i> @Brown Family Environmental Center Tuesdays & Thursdays 12:10-12:55 PM	Visit one of the Knox County's Trails: Heart of Ohio Kokosing Gap Mohican Valley Trail
Give back to your community. Volunteer at a local food pantry, community garden, or location of your choice	Go to bed 30 minutes earlier than usual	Practice a relaxation technique like deep breathing or meditation	Crank up the music and dance for 20 minutes	<i>Trailapalooza</i> June 24, 9 am to 2 pm @ CA&C Depot 501 S. Main Mount Vernon
Skip the sugary soda or drinks for a week or week this month 	<i>Let's Be Outside!</i> June 3, 10-11:30 am Wolf Run Park 17621 Yauger Rd Mount Vernon, OH	Take a walk along the Litter Prevention trail @ Wolf Run Park	Hike the Fern Trail @ Brown Family Environmental Center	Drink 8 glasses of water per day 

JULY

Enjoy screen free family time at SPI Spot in Mount Vernon 	Create your own activity!	Try a new whole grain recipe	Go for a hike!	Drink 8 glasses of water per day 
Visit one of the Knox County's Trails Heart of Ohio Kokosing Gap Mohican Valley Trail	Volunteer at Community Roots learn more @ communityrootsohio.org	Avoid caffeine for 4 hours before bedtime for better sleep	Go tubing on the Kokosing Scenic River	Donate to a local charity or food pantry
Run or walk a 5K	Bike the Ohio to Erie Trail that flows through Knox County	Complete 15 minutes of stretching. Invite a family member to do the same.	Visit the library for storytime	Take a 30 minute brisk walk twice a week this month
Skip the sugary soda or drinks for a week or week this month 	Meditate for 15 minutes twice a week this month	Go outside! Spend 15 minutes in the sunshine 10 times this month	Water balloon toss with friends and family	Eat 5 servings of fruits or vegetables today 

Complete a minimum of 10 squares by July 31, 2023, to be entered into a prize drawing.

The opinions, products, activities and/or services of this organization are neither sponsored nor endorsed by the school district.

GET HEALTHY KNOX

The **Summer Fun Bingo Challenge** is sponsored in partnership with Knox Public Health, Knox Community Hospital, and the Get Healthy Knox County Coalition.
Visit gethealthyknox.org for membership information.

Please fill in the below information for participation

Participant Name(s): _____ Phone #: _____

How it works:

- **Complete a minimum of 10 squares** on the activity card.
- Drop off at Knox Public Health or one of the public libraries listed below with the required information **by July 31, 2023**. Each participant will **receive a small prize** and be entered into a drawing for a grand prize!
- **GRAND PRIZES:**
 - **One-year family membership to SPI supported by the Knox County Foundation.** SPI members get half off admission to COSI and the Works and FREE admission to the Great Lakes Science Center.
 - A gift card to local business
- If you have social media, feel free to post pictures as you complete your squares with the hashtag **#gethealthyknox**.

Any age is eligible to participate. Each square is geared towards adult recommendations, but modifications can be made for children. Such as:

- Try a new healthy recipe: try a new recipe and let your child participate
- Drink 8 glasses of water a day and avoid sugary drinks: children drink 4-6 glasses per day and avoid sugary drinks
- Eat 5 servings of fruits and vegetables today: children eat 4 half-cup servings of fruit and vegetables today

Drop off the completed card at one of the following locations

or **CLICK on the QR Code** to complete it online:

- **Centerburg Public Library**
49 East Main St, Centerburg, OH
- **Public Library of Mount Vernon and Knox County (all locations)**
Danville Public Library
Fredericktown Community Library
Gambier Community Library
- **Knox Public Health & Community Health Center**



Visit gethealthyknox.com for more activities.

Questions? Contact Tami Ruhl at 740-392-2200 ext. 2274 or truhl@knoxhealth.com