



# 30 HEALTHY ACTIVITY IDEAS

HERE ARE A FEW IDEAS ON HOW TO GET ACTIVE AND EARN POINTS ON THE ITS TIME TEXAS COMMUNITY CHALLENGE APP

1

Take a 20 minute walk in your neighborhood

2

Substitute fruit for dessert

3

Sign up for an It's Time Texas Virtual Fitness Class

4

Switch out your juice or soda for water

5

House Dance Party! Pick 10 songs to dance to together

6

Check out the Discover button on the Challenge App & find your next virtual event

7

Switch out carrot sticks for your chips at lunch

8

Take a 20 minute walk in your neighborhood

9

Embrace your inner child and jump rope. Got kids? Practice double dutch!

10

Find a 15 minute yoga video on YouTube to do for a work break

11

Challenge a coworker to see who can earn the most points for the day

12

Text a friend or neighbor and ask them to join you for a walk at a park

13

Check out the Discover button on the Challenge App and find an outdoor activity near you

14

Track your daily water intake!

15

Find out everyone's favorite fruit at home and have a fruit party

16

Take a 20 minute walk in your neighborhood

17

Take a 4 minute break and do jumping jacks every 30 seconds

18

Choose 3 favorite upbeat songs to have a mini dance party

19

Find a 15 minute yoga video on YouTube to do for a work break

20

Check out the Discover button on the Challenge App and find an outdoor activity near you

21

Sign up for an It's Time Texas Virtual Fitness Class

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Challenge a coworker to see who can earn the most points for the day

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Substitute fruit for dessert

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Take a 20 minute walk in your neighborhood

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Track your daily water intake!

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Hit the app store for a new workout app to guide your at home activity breaks

27

Check out the Discover button on the Challenge App and find an outdoor activity near you

28

Sign up for an It's Time Texas Virtual Fitness Class

29

Set an alarm for every two hours, get up from your desk and do 30 jumping jacks & 10 push ups

30

Challenge a friend or family member to see who can earn the most points for the day