



DIRECTIONS: Log your health and wellness activity in the spaces below. In each space, include the date, name and location of program or trail. Once the 23rd space has been completed, submit form to paula.kepel@lynchburgva.gov by 3/3/2023. See Rules for qualified programs.

Name: _____

Email Address: _____

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23 for 23 Winter Wellness Challenge Rules

1. Earn **1** point for each of the following qualified programs:
 - a. One hour of hiking, biking, running, or walking on any Lynchburg Parks and Recreation's Trails or River Ridge Mall's, "Walk the Mall" between January 1 and February 28. One hour may be divided into two-thirty minute sessions. Use **ONE** block to record both 30 minutes sessions.
 - b. Any fitness or dance class offered by Lynchburg Parks and Recreation between January 1 and February 28. If a class meets once a week, each week you are in class counts as one point. See Activity Guide or visit lynchburgparksandrec.com for details. Some programs are fee based.
 - c. Any health or wellness presentation offered by Lynchburg Parks and Recreation between January 1 and February 28. See Activity Guide or visit lynchburgparksandrec.com for details.
2. Record your activities on the Activity Log.
3. Logs are completed on your honor. Be a good sport and challenge yourself!
4. Once you have filled 23 spaces on your log, submit the log via email to paula.kepel@lynchburgva.gov. Logs must be received by Friday, March 3 in order to receive a finisher medal and a chance to be the winner of the grand prize raffle. Pictures, electronic versions, or scanned copies are all acceptable as long as they are readable.