

7th Annual Fun & Fit 8 Week Challenge



Hosted Events Each worth 10 points

July 29th - 9am Kickoff Event!

Aug. 12th - 7pm Glow Walk!
Ruidoso Links Trail - Behind Library
Ruidoso Downs, Riverside Park

Aug. 27th - 7pm Glow Walk!
Capitan, Walking Path
Ruidoso, 2-Rivers Park

Sept. 9th - 7pm Glow Walk!
Mescalero, Gas Station Parking Lot

Stay up to date with any changes or pop-up events on our website:
www.lincolncountyhealthcouncil.org



How to Earn Points

Count on Health

Each day you have a chance to earn points by completing each of the numbers on the below chart. Each number you complete for the day earns you 1 point. If you complete all 9 you get a bonus point for that day bringing the total possible points that can be earned 10.

8 Hours or more of sleep a night	7 Minutes in nature	6 8oz cups of water
5 Servings of fruits and vegetables	4 Positive self messages	3 Hours or less of screen time
2 Or less sugary drinks	1 Hour or more of physical activity	0 Single use plastic bottles

Physical Activity

You can earn 10 points for each hosted event you attend. These walks are meant to be a chance to come out and socialize with others interested in getting healthier and connecting with members of your community.

You can also earn points for the physical activity you do on your own. For every 10 minutes of activity you do, you can earn 2 points. In order for the activity you do on your own to count, you MUST post a picture of yourself "in action" or "on location" to the Fun & Fit 8 week Challenge Facebook page.

Lastly, keep up on Facebook throughout the challenge to stay informed about pop-up activities worth more points. These could be anything from a class offered by community members to an informal walk at a set day/ time.