

# passport to Health

**Your path to healthy eating and active living**

**Earn Prizes!**

## Instructions:

1. Complete 3 or more activities listed in the passport
2. To collect a small prize (water bottle, beach ball, apron, stickers, and more), bring this passport to Newcomb Park between 12- 1p on
  - 7/24
  - 7/31
  - 8/7
  - 8/21
  - 8/28
3. To be entered into a raffle for 1 of 5 \$50 gift cards, complete the post card and send

**POST CARDS MUST BE RECEIVED BY SEPT 1**



United States Department of Agriculture  
National Institute of Food and Agriculture  
Agriculture and Food Research Initiative (AFRI)  
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# Eat healthy, be active, have fun!

## Learn a new pose...

- Yoga in the Park at Newcomb park  
Every Tuesday through Aug 4  
7-8pm Free to everyone

## Play for at least 30 minutes at Turf Time

- Turf Time for Tots  
Menard Sports Center in Wasilla  
M, W, H, F 10am-1pm, \$3.00 per child

## Swim and play for at least 30 minutes at...

- Wasilla Lake
- Lake Lucille
- Reflection Lake

## Complete the scavenger hunt (enclosed) at one of these walking trails!

- Lake Lucille Park Trail System
- Alcantra Athletic Complex trail system
- Reflection Lake
- Matanuska River Park Trail
- West Butte Trail
- Matanuska Experimental Trailhead

## Try a new sport! Play for at least 30 minutes.

- Basketball at Iditapark
- Soccer at Alcantra Athletic Complex
- Baseball at Bugge Park
- Tennis at Bill Herman Tennis Court
- Bike at Alcantra Athletic Complex
- Bowling at North Bowl Bowling

## Play for at least 30 minutes at one of these fun parks!

- Lucas- Kiwanis City Park
- Bill Herman Tennis Court
- Bugge Park
- Busby/ Soule Fields
- Newcomb Park
- Carter Park
- Lake Lucille Park
- Nunley Park
- Iditapark
- Bumpus Recreation Area

## Eat more vegetables or fruit!

- Eat at least three servings of vegetables or fruits today
- Try a new way of cooking a favorite vegetable or fruit
- Taste a new vegetable or fruit

## Pick your own tasty treats:

- From Pyrah's You Pick farm
- At one of the garden boxes marked with the **Grow Palmer!** Logo (map of locations enclosed)

## Drink more water!

- Taste free infused water and learn about sugar sweetened beverages at Newcomb Park on Fridays from 12-1p