



QUICK TIPS

Scavenger Hunt is an eight-week program to discover community resources that you can use to eat healthier, be more physically active, quit tobacco or manage stress and achieve overall improved health.

At right are just a few examples of the kinds of resources that might be helpful to you and your co-workers as you go through the program. Note resources you find on your Scavenger Hunt Log and be sure to use these resources the following week. Put your thinking caps on and gather resources that can help everyone adopt healthier habits!



EAT SMART

- A restaurant serving healthy options
- A nearby farmers market or pick-your-own farm
- A cookbook of healthy recipes



MOVE MORE

- A greenway/hiking trail
- An upcoming walk/run for a good cause
- A non-competitive club or local team league for sports such as tennis, swimming, softball, football, etc.



QUIT NOW

- Tobacco cessation resources available in the local health department or hospital
- An online quit support program
- Cessation resources available from health insurance carriers



MANAGE STRESS

- A park or other nice location for family picnics
- A book club or other support group that meets regularly
- A local volunteer program