



OPERATION:

Healthy Habits Challenge

Get Active·Be Active·Stay Active



Challenge Period: April 17th - May 17th
Registration Opens: April 13th at <https://bit.ly/2yxLA5g>

Participants age 8+ welcome to compete
(there will be youth and adult divisions)

Join the mission to learn about and explore **healthy living** as we practice safe social distancing from the comfort of your own home, backyard, or community. This challenge will offer participants the opportunity to engage in hands-on learning in a fun, competitive environment. Compete individually or among your family. Upon registration participants will receive a guidebook with detailed instructions that includes self-directed interactive lessons and activities worth pre-determined points. Complete as many as you can and submit your finished guidebook to be eligible for top prizes in each division.

Top Prize: Smart Watch
(Choice of Apple Watch, Samsung Watch, or Fitbit)

No cost necessary to
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Further Inquiry email sdsu.4h@sdstate.edu

