

SPARK, LINK & LEARN

Stress-Busting Fun



Go on a bicycle ride with family and friends!

60 Second Fitness Challenge

<https://go.unl.edu/92x9>



5 Minute Video Game Workout

<https://go.unl.edu/xjrk>

Organize a bike rodeo, obstacle course, a walking/riding scavenger hunt, fun game stations, or parade!



**4 DAYS
4 MILES
4-H**

We challenge you to get out and walk 1 mile a day for 4 days to complete 4 miles for 4-H.

The poster features a background image of a person's legs walking on a paved path, with a green and white wavy pattern on the sides. The text is in white and green, and the 4-H logo is at the bottom.

How many stress-busting activities can you do this week?