WORKING FOR A HEALTHIER TN

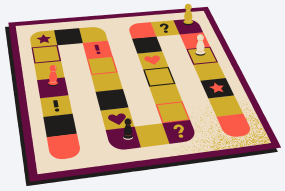
SCREEN-FREE ACTIVITIES

GET OUTSIDE:

- Go for a stroll.
- Find a tree to read under.
- Pull weeds.
- Wash the car or a neighbor's car.
- Go birdwatching.
- Draw with chalk.
- Do yoga in the grass.
- Have a dance party.
- Pick up trash along one of your walks.
- Start a garden.
- Do yard work.
- Go camping.
- Take an early morning walk.
- Walk the dog. Wash the dog.
- Take a nature hike.
- Make a wooden flower box.
- Plan a picnic or barbecue.
- Go swimming.
- Go for a bicycle ride.
- Play soccer, softball or volleyball.
- Play Frisbee.
- Discover local park activities.

PLAY A GAME:

- Play cards.
- Play charades.
- Play board games.
- Do a crossword puzzle.
- Play Sudoku.

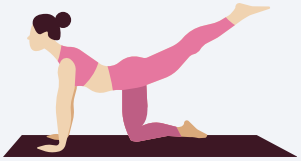


IN THE COMMUNITY:

- Visit the library. Borrow some books.
- Visit a local bookstore.
- Visit the zoo.
- Go to a museum.
- Go on a family trip or historical excursion.
- Go dancing. Take a dance class.
- Organize a community clean-up or volunteer for charity.

IN YOUR HOME:

- Listen to the radio.
- Write an article or story.
- Paint a picture, a mural or a room.
- Read a book. Start a journal.
- Write a letter to a friend or relative.
- Go through your closets and donate items.
- Try a new craft.
- Repair or refinish a piece of furniture.
- Take photos to put in an album.
- Collect recycling and drop it off at a recycling center.



- Workout.
- Become a tutor.
- Get to know your neighbors.
- Research your family history.
- Cook dinner with friends or family.
- Create a cookbook with your favorite recipes.
- Learn about a different culture. Have an international dinner.
- Learn to change the oil or tire on a car. Fix something.

Click HERE for even more ideas!