

LEAVE 2021 BEHIND YOU

LIST OF ACTIVITIES:

- **Swimming**
- **Rowing**
- **Stair stepper/elliptical**
- **Breath work**
- **Sports/Intramurals**
- **Reading for pleasure**
- **Doing a puzzle**
- **Painting/coloring/art work**
- **Cook a healthy meal**
- **Biking/cycling**
- **Stretching**
- **Walking/hiking**
- **Running**
- **Yoga**
- **Meditation/Mindfulness**
- **Group Fitness Class**
- **Strength training**
- **HIIT/Calisthenics**
- **Journaling**



THE BOWERS CENTER
FOR SPORTS, FITNESS
& WELL-BEING

ELIZABETHTOWN COLLEGE

**January 24-
February 25**

Log 2,022 activity minutes in 2022!