

# 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!