

# 1,000 HOURS OUTSIDE

HEALTHY GROSSE POINTE HARPER WOODS

## TWO MONTHS IN!

And what a couple months it has been! Now is a great time to remind ourselves; no matter where we are with our hours at this point in the year, there is no such thing as failing at this challenge. Every hour you spend outside is an hour your body and mind will thank you for.

### SPRING EQUINOX

It is hard to believe while stomping through snow, but we are only 20 days away from the first day of Spring! We have some great ideas for Spring Equinox activities.

#### START YOUR SEEDLINGS

Now is the perfect time to start planting! Some things that love to be planted right at the beginning of Spring include lettuce, asparagus, rhubarb, and beets.

#### HAVE AN OUTDOOR FEAST

Using all your favorite fresh foods, create a spread to start outdoor dining season with a bang.

#### MAKE A SPRING TO DO LIST

Explore ideas for how you will spend time outdoors this season. Make a pledge to the Earth, build a bird feeder, and start a garden are just a few great ideas to get you started.

### SNOWMAN CHALLENGE



We saw so many great snowmen while out walking during the snowman challenge! Gabe and Shannon Konieczki and their children took the cake with these great accessories. Great job, everyone!

### HR TRACKERS

Have you downloaded an hour tracking sheet yet? 1,000 Hours Outside has some fantastic PDFs available for free download on their website. Print one of theirs or make your own and send us a picture!

### SURVEY

If you have not already, follow this link to take a quick survey. This helps us bring you the resources you need most.

<https://www.surveymonkey.com/r/QXN9JVZ>



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