

2021



This fall, Edward-Elmhurst Health invites you to join the **Healthy Driven Take a Hike! Challenge**. For eight weeks, from **Sept. 1 to Oct. 27**, rediscover the healthy benefits of being active and spending time outdoors. It's a great opportunity for all ages — from kids to seniors — to exercise in the fresh air and learn cool stuff about nature while bonding with family and friends.

This year's challenge has a new twist!

We are partnering with local community sponsors to bring you hiking insights and expertise, special programming and ideas to Elevate Your Hike each week!

When you complete and track **6 hikes** during the Challenge period, you'll earn the Take a Hike! Trail Blaze Award* (includes either a commemorative pin or a walking stick with a commemorative medallion). Start your collection now — we'll offer a new design each year!

**Supplies are limited. Offer is valid while supplies last.*

Visit our **Take a Hike! Challenge** page to learn more and sign up to receive weekly emails with special event details, an interactive hiking map and more:

EEHealth.org/TakeaHike





Hiker's Name _____

Age _____

Email _____

Choose your award preference below:

___ Pin (for lanyard or backpack)

___ Medallion

___ Walking Stick with Medallion

2021 TRACKER

Complete **6 HIKES** during the 8-week Healthy Driven Take a Hike! Challenge, between Sept. 1 - Oct. 27, to earn the **TAKE A HIKE! TRAIL BLAZE AWARD*** (includes either a commemorative pin or a walking stick with a commemorative medallion).

Complete this Take a Hike! Tracker and bring it to one of the below locations between Oct. 28 - Nov. 30 to pick up your award:

- ▶ **Forest Preserve District of DuPage County Visitor Services**, 3S580 Naperville Rd., Wheaton
- ▶ **Naperville Park District's Knoch Knolls Nature Center**, 320 Knoch Knolls Rd., Naperville
- ▶ **Elmhurst Park District Wagner Community Center**, 615 N West Ave., Elmhurst
- ▶ **The Conservation Foundation**, 10S404 Knoch Knolls Rd., Naperville

Learn more about pick-up locations and hours at EEHealth.org/TakeaHike.

Hiking outdoors has been shown to improve overall health, including:

- ▶ Blood pressure
- ▶ Strength
- ▶ Balance
- ▶ Mood
- ▶ Stress levels
- ▶ Relationships

**Supplies are limited. Offer is valid while supplies last. Complete one Take a Hike! Tracker per person.*

HIKE 1
Date _____
Trail _____
Notes _____

HIKE 2
Date _____
Trail _____
Notes _____

HIKE 3
Date _____
Trail _____
Notes _____

HIKE 4
Date _____
Trail _____
Notes _____

HIKE 5
Date _____
Trail _____
Notes _____

HIKE 6
Date _____
Trail _____
Notes _____

HIKE 7 (OPTIONAL)
Date _____
Trail _____
Notes _____

HIKE 8 (OPTIONAL)
Date _____
Trail _____
Notes _____

