



# CalvertHealth

## 1000 HOURS CHALLENGE

## CalvertHealth is excited to launch the 2023 1000 Hours Outside Challenge!

1000 Hours Outside is a global movement designed for individuals of any age in any environment. Join the journey and watch your life transform before your eyes.

1000 Hours Outside may seem unattainable to some, but any additional amount outside is a WIN! For some participants, just getting to the first benchmark of 100 hours outside is going to be a HUGE deal and CalvertHealth and its community partners want to celebrate all of the milestones with you!

This challenge is all about making small changes that will have a big impact. You will be making decisions everyday to do an activity that you normally may have done inside - and instead, transition it outside (for example, reading a book or eating lunch).

If you decide to participate we encourage you to sign up to receive the monthly newsletter. This newsletter will include tips and tricks to get outside that month, a calendar of outside events you can attend, a monthly blog post and more! Scan the QR Code for more information.

### *Ways to get outside*

1. Take a winter hike at Calvert Cliffs State Park or American Chestnut Land Trust (ACLT) in Port Republic. You can actually sign for up ACLT's annual challenge.
2. Borrow a birdwatching guide from the library and go outside to discover new things!
3. Visit a local park - we have so many beautiful parks in Calvert.
4. Enjoy walking the trails or playing in the Fairy Lolly at Annmarie Gardens in Solomons.
5. Attend one of many outdoor local events throughout the year, like farmers markets or the Calvert County Fair.
6. Be a cheerleader at a family members sporting event.
7. Dine outside at one of many locally owned restaurants.
8. Pick a local landmark to visit in all four seasons and document it with a photo.
9. Go fishing at a local pier or with a charter boat.
10. Invite the family over an organize a game of kick ball.

Join the CalvertHealth  
1000 Hours Challenge!  
Scan the QR Code  
and sign up today.

