



Move It Madison

May 2020

Keep it moving in May within this menu of FREE activities! Track your progress, tally your points and enter to win prizes! For details and to register visit mscr.org. Submit your total points earned online by June 7 to qualify.

#MoveItMadison Free Park & Recreation Activities

<p>May is Bike Month! Learn how to do bicycle safety checks go to bikeleague.org</p> <p>1 point</p>	<p>Take a break for Mindfulness at SelfCompassion.org</p> <p>2 points</p>	<p>Have a dance party.</p> <p>1 point</p>	<p>Visit one park or natural area that you have never explored.</p> <p>2 points</p>	<p>Hike at Cherokee Marsh Conservation Park & find the Tree Swallow, Song Sparrow and American Goldfinch Search allaboutbirds.org</p> <p>2 points</p>	<p>Follow MSCR on social media sites: Facebook @MSCRFun Twitter @MSCRRec Instagram @mscrmadison</p> <p>2 points</p>	<p>Take in a sunset or a sunrise.</p> <p>2 points</p>
<p>Hike at Edna Taylor Conservation Park & find the Sand Hill Crane, Gray Catbird, Baltimore Oriole and American Goldfinch Search allaboutbirds.org</p> <p>2 points</p>	<p>Sign up a family member for a MSCR summer class at mscr.org</p> <p>1 point</p>	<p>Take a 30 minute walk and list all the animals/creatures you see.</p> <p>1 point</p>	<p>Take an active 10 minute break outside!</p> <p>1 point</p>	<p>Love astronomy? Get outside to see the night sky! Go to skymaps.com</p> <p>1 point</p>	<p>Eat clean, no processed foods, junk food or fast food.</p> <p>2 points</p>	<p>"Unplug" from technology for 60 minutes before going to bed.</p> <p>2 points</p>
<p>Hike through a Conservation Park Go to Madison Parks</p> <p>2 points</p>	<p>Drink eight 8-ounce glasses of water in one day.</p> <p>2 points</p>	<p>Photo time! Snap a picture in front of any Madison Park sign and post with the #MoveItMadison</p> <p>2 points</p>	<p>Go to MSCR #SaferAtHome website and complete one activity.</p> <p>2 points</p>	<p>Spot a City vehicle from your window or neighborhood park.</p> <p>1 point</p>	<p>Try a new recipe and add a fruit/veggie you've never tried.</p> <p>1 point</p>	<p>Take a social media break for the day.</p> <p>2 points</p>
<p>Go fly a kite! Need a kite? Get creative & make one. Tag us at #MoveItMadison</p> <p>2 points</p>	<p>Write down something good that happened today.</p> <p>1 point</p>	<p>Go fishing! No gear? Make up your own fishing game! cityofmadison.com/parks/fishing</p> <p>1 point</p>	<p>FaceTime or call a family member or friend.</p> <p>2 points</p>	<p>Do an activity from the MSCR Virtual Outdoor Club at mscr.org</p> <p>1 point</p>	<p>Read for 30 minutes. Go to mscr.org for fitness information.</p> <p>2 points</p>	<p>Follow Madison Parks on social media sites: Facebook @cityofmadisonparks Instagram @madisonparkswi Twitter @madisonparkswi 2 points</p>
<p>Tag us with #MoveItMadison while doing one activity.</p> <p>1 point</p>	<p>Pick up trash in your neighborhood park. See sidebar for safety tips.</p> <p>2 points</p>	<p> EXTRA CREDIT May is bike month: Earn an extra two points a day for each 30 minute bike ride Search.ridehealthy.com</p> <p>2 points</p>	<p>Trash Pick Up Tips</p> <ul style="list-style-type: none"> • Do not come in direct contact with any trash. • Wear protective gloves and a mask. • Use a trash picker tool, if possible. • Dispose of bagged trash in parks trash cans. • Use hand sanitizer when you finish. • Wash your hands with soap and water for a minimum of 20 seconds when you return home. <p>Learn more at: CityofMadison/Parks and search "volunteer"</p>		<p>TOTAL POINTS TALLY</p> <p>GOAL: 40 PTS FOR EXTRA PRIZE ELIGIBILITY</p>	

Follow MSCR and Madison Parks on social media and Tag us
#MoveItMadison #SaferAtHome

