

## YMCA Wellness Challenge

# AROUND THE WORLD CHALLENGE

Explore the world from your home through exercise and activities in our Around the World Challenge.

- |                          |   |          |
|--------------------------|---|----------|
| <input type="checkbox"/> | <a href="#">Add Yoga or Meditation to your Day</a>                  | 3 points |
| <input type="checkbox"/> | <a href="#">Observe International Day of Families</a>               | 3 points |
| <input type="checkbox"/> | <a href="#">Try a Dance from a Different Culture</a>                | 5 points |
| <input type="checkbox"/> | <a href="#">Join in the Global Big Day of Birding</a>               | 2 points |
| <input type="checkbox"/> | <a href="#">Make a family favorite dish - or try something new!</a> | 5 points |
| <input type="checkbox"/> | <a href="#">Learn about the Marital Arts behind BODYCOMBAT</a>      | 2 points |
| <input type="checkbox"/> | <a href="#">Say "Welcome" Five Different Ways</a>                   | 5 points |
| <input type="checkbox"/> | <a href="#">Visit an International Museum Virtually</a>             | 3 points |
| <input type="checkbox"/> | <a href="#">Meet Animals from Around the World</a>                  | 2 points |

\_\_\_\_\_ total points

For a complete list of activities and challenges  
visit [ymcagbw.org/ymca-home](http://ymcagbw.org/ymca-home)

