



# Fun Day Challenge!

We are celebrating a fun and unusual holiday with a challenge for you to engage in. There are three easy steps to participate. First, choose your favorite option that you'd like to try. Second, take a picture of yourself doing the activity. Lastly, fill out the form [HERE](#) by midnight, February 29, 2024. This program is open to all employees and spouses. Any employee or spouse who participates will be entered into the Fun Day Challenge raffle. For every ten submissions there will be a raffle winner!

## February is LIBRARY LOVER'S DAY!

To show support, to honor our librarians and to appreciate our libraries, let's celebrate Library Lover's Day on February 14th! Choose your favorite option from the three unique choices, snap a picture of yourself trying it out, fill out the form and enjoy!

### Option 1: Cardio Read

Bring along your favorite library book to your home or local gym. Instead of looking at your phone or the TV while you warm-up, read and pedal for at least 10 minutes. Mixing these two activities together could be a great way to exercise your body and mind at the same time.

### Option 2: Balance, Posture, and an Added Bonus

Grab your favorite library book and challenge yourself! Spend 10 minutes walking around your house balancing the book on your head. This is a great way to work on your posture, balance and mindfulness.

### Option 3: Squats on a Book Riser

Place a book on the floor and cover it with a non-slip surface such as a yoga mat to prevent slipping and to protect the book. Place your heels on the non-slip surface, toes pointed forward or to a slight outward angle and squat to your comfort ability. Make sure to push your glutes back and keep your chest forward. Add this squat variation into your fitness routine to help recruit your quad muscle, increase squat depth and take strain off your ankles.

To be entered into the Fun Day Challenge raffle (at the end), fill out the form [HERE](#) by midnight, February 29, 2024.