

BONUS POINTS- unlimited! 3 Points Each

Try a new Vegetable	Bike.Walk to work	Shop at a Farmer's Market	Attend a Free Yoga Class at Berkshire Yoga Dance Fitness	Attend a First Fridays Arts Walk	Take a class at Pittsfield Y	Eat at Healthy Dining Restaurant (see list)
Downtown walking loop	Morningside Walking Loop	Bike/Walk Ashwilticook Bike Trail	Try a new fitness class	Attend a smoking cessation workshop	Use a Pittsfield park to exercise	Get your blood pressure screened with BHS
Hike Pittsfield State Forest trails	Participate in July 4th Parade	Donate a "super food" to a local pantry	Try a new fruit	Attend Mayor's Fitness Challenge Kick-off event	10 minutes of meditation	Attend Third Thursday
Hike Springside Park Trails	Organize a healthy community event	Sleep 8 hours a night	Drink 8 8oz glasses of water	Post a healthy recipe on MFC Facebook Page	Post a team picture on MFC Facebook Page	Share a healthy story on MFC Facebook Page

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