

100 healthy ways to celebrate a century of UCHealth Poudre Valley Hospital

August

- ☐ Race or ride the [Fort Collins Trolley](#).
- ☐ Commit to [regularly using sunscreen](#), hats and sun protection.
- ☐ Stop and smell the flowers at the [CSU Trial Garden](#).
- ☐ Participate in UCHealth's [Healthy Kids Run series](#).
- ☐ [Play pickleball](#) at one of the City of Fort Collins free courts.
- ☐ [Drink a full water bottle](#) throughout the day.
- ☐ [Go tubing](#) or splash around at [Graham Bridge](#).
- ☐ Enjoy free music during the [Food Truck Rally](#) at City Park.
- ☐ Cool off at a [local splash pad](#).
- ☐ [Go fishing](#).
- ☐ Golf Fort Collins' first course - [City Park Nine](#).
- ☐ [Barbecue and invite](#) neighbors, friends or family to join you. Here are some tips and recipes to get you started:
 - [Grilled flat iron steak](#).
 - [Grilled vegetables](#) to perfection.
 - Easy [seafood recipes](#).
 - Make-ahead [summer salad recipes](#).
- ☐ [Paddleboard](#) or float on [local lakes](#).
- ☐ Have a [picnic in a nearby park](#).
- ☐ Take a cooking class at the [Garden of Eatin'](#).
- ☐ Swim at [City Park Pool](#).
- ☐ Ride your bike or people watch at the [BMX track at Twin Silo Park](#).
- ☐ Hike [Greyrock Mountain](#).
- ☐ [Drive with your windows down](#).
- ☐ Watch a movie outdoors with neighbors or go to the [Holiday Twin Drive-In theater](#).
- ☐ [Fly a kite](#).
- ☐ Check out a [farmers market](#).
- ☐ Try a [new fruit or vegetable](#).

September

- ☐ [Get fitted](#) for a bike helmet.
- ☐ Hike [Horsetooth Falls](#).
- ☐ Participate in the [Natural Areas Treasure Hunt](#) through November.
- ☐ [Ride your bike along the Poudre Trail](#) under I-25 at the newly constructed pedestrian underpass.
- ☐ Enjoy a [free concert in Old Town Square](#).

- ☐ Use this [guide to "Pick it up FoCo"](#) and help minimize litter.
- ☐ Enjoy the sights and sounds of the river near [Picnic Rock](#).
- ☐ Take a self-guided tour during the [First Friday Art Walk](#).
- ☐ Hike [Arthur's Rock](#).
- ☐ [Stargaze](#) at Soapstone Prairie and learn about the dark-sky certification initiative.
- ☐ Visit [Lee Martinez Farm](#).
- ☐ Hike to the top of [Horsetooth Rock](#).
- ☐ [Borrow a lawn game from the library](#) (No joke! You can check them out.) and enjoy some fresh air.
- ☐ [Wander Fossil Creek Reservoir Natural Area](#) on your own or take free class.
- ☐ Find a piano from [Pianos About Town](#) and play a song or two.
- ☐ Play [disc golf](#).
- ☐ Soak up the beautiful views at [Well Gulch Nature Trail](#).
- ☐ Use an [outdoor fitness course](#) or workout outside near your home.
- ☐ Hang a hammock or sit under a tree at [Rolland Moore Park](#).
- ☐ Go down the slide at [Twin Silo Park](#).
- ☐ Take a [trail run or walk](#).

October

- ☐ Watch the [sunset over Horsetooth](#).
- ☐ Host a [hot chocolate stand](#). Consider donating proceeds to your favorite charity.
- ☐ Wander through the [beautiful alleys of Fort Collins](#).
- ☐ Participate in the [Foodie Walk](#) on the 3rd Friday of every month.
- ☐ Check out the [Fort Collins Reads selection](#) or enjoy a book of your choice.
- ☐ Visit the [CSU Oval](#) for a picnic or pictures.
- ☐ Make a [grocery shopping list](#) and stick to it.
- ☐ Learn Fort Collins' history on the [local ghost tour](#).
- ☐ Enjoy fall colors at [Bobcat Natural Area](#).
- ☐ Check out a [unique festival](#).
- ☐ Go [bird watching](#).

October continued...

- ☐ Take in Old Town Fort Collins' history at [Harper Goff Alley](#).
- ☐ [Skip rocks](#) on the river.
- ☐ People or dog watch at [Spring Canyon Park](#).
- ☐ Enjoy [Art in Public Places](#).
- ☐ Take an [iconic Fort Collins photo](#).
- ☐ Grab [your next coffee](#) at a [local cafe](#).
- ☐ Learn Fort Collins' history at [Sugar Beet Park](#).
- ☐ Take a self-guided tree tour at [City Park Arboretum](#).
- ☐ [Check out a state park or natural areas park pass](#) from the library and take an adventure.
- ☐ Celebrate the people who helped shape Poudre Valley Hospital over the past 100 years by checking out that list on the [UCHealth Northern Colorado Foundation](#) website.

November

- ☐ [Take a deep breath](#).
- ☐ Try a [fresh idea for your Thanksgiving feast](#).
- ☐ [Listen to your favorite music](#) or get to know the [local music scene](#).
- ☐ [Catch the long view of the mountains](#) on the trail between Arapahoe Bend and the Environmental Learning Center.
- ☐ Donate blood at the [UCHealth Garth Englund Blood Center](#).
- ☐ Enjoy the downtown [Fort Collins holiday lights](#).
- ☐ Check your skin and [schedule your annual skin cancer screening](#).
- ☐ [Ride the MAX Bus Rapid Transit](#) on your next adventure.
- ☐ Plant an indoor [herb garden](#).
- ☐ Try a class through the [Fort Collins Recreator](#).
- ☐ [Practice gratitude](#) and relish the gifts in your life.
- ☐ Prioritize [good sleep](#).
- ☐ Revisit traffic safety laws and learn about [Vision Zero](#).
- ☐ Enjoy the open space at [Cathy Fromme Prairie Natural Area](#).
- ☐ [Check your blood pressure](#).
- ☐ Get an unobstructed view of the sunset from the [Fossil Creek Park Caldera](#).
- ☐ Explore the history of the [Cache La Poudre River National Heritage Area](#).
- ☐ Take in a show at [The Lincoln Center](#).

December

- ☐ [Try these healthy ingredient swaps](#) for your holiday recipes.
- ☐ [Time how long you wash your hands](#). Can you make it to 30-seconds consistently?
- ☐ Take a [screen-free day](#).
- ☐ Enjoy a walk from [Lions Open Space to Butterfly Wood](#) via a beautiful, unique pedestrian bridge in Fort Collins.
- ☐ [Floss your teeth](#) every day.
- ☐ Check out the [Fort Collins Museum of Discovery](#).
- ☐ Connect with the community [through volunteering or giving](#).
- ☐ Go to [EPIC- Edora Pool and Ice Center](#) - to swim or ice skate.
- ☐ [Learn hands-only CPR](#).
- ☐ Schedule your [preventative screenings and check-ups](#).
- ☐ Visit the [1879 Avery House](#).
- ☐ Donate time or food to [your local food bank](#).
- ☐ Cook your [favorite dish and share](#) the recipe with friends or family.
- ☐ If the weather is frightful, find an indoor track to walk on, such as the [Senior Center or Northside Aztlan](#).
- ☐ [Connect with friends and family](#), and encourage your loved ones to do the same.
- ☐ Go to a local show at [Bas Bleu](#).
- ☐ [Take a nap](#).