

HEALTH AND FUN IN ALABAMA FALL CHECKLIST

HAVE FUN WHERE YOU ARE

- Go for a walk
- Climb a tree
- Help a friend or neighbor
- Collect and paint rocks
- Build a treehouse
- Read a book
- Sing
- Dance
- Draw with sidewalk chalk
- Clean out a closet
- Donate unused items to charity
- Donate food to those in need
- Watch a sunrise
- Watch a sunset
- Meet a neighbor
- Do a random act of kindness
- Make a blanket fort
- Roast marshmallows
- Collect interesting leaves
- Learn a new skill
- Restore a piece of furniture
- Make a pinecone bird feeder
- Tackle a DIY project
- Do yardwork
- Visit the library
- Visit a playground
- Learn or practice an instrument
- Make art
- Ride a bike
- Carve or paint a pumpkin
- Visit a friend
- Plant a fall vegetable garden
- Plant flowers
- Volunteer
- Play boardgames
- Roll down a hill
- Stretch

- Walk the dog
- Mail a letter
- Share something you grew
- Practice origami

HAVE A PLANT

- Make a pumpkin recipe
- Make an apple recipe
- Make a squash recipe
- Make a pear recipe
- Make a sweet potato recipe
- Have a picnic
- Make a fun and spooky treat
- Cook a meal as a family
- Make a healthy gameday snack
- Cook outdoors
- Eat something you grew
- Grill fruits/veggies
- Make half your plate fruits and veggies
- Try a new food
- Try a new recipe
- Take a meal to a friend

HAVE A BALL

- Play catch
- Play tennis
- Play pickleball
- Play mini golf
- Play soccer
- Play disc golf
- Play paintball
- Play flag football
- Play badminton
- Go bowling
- Play basketball
- Play frisbee
- Practice archery

HAVE AN ADVENTURE

- Sign up for the 100 Alabama Miles Challenge
- Go to an outdoor concert
- Attend a sporting event
- Go geocaching
- Participate in a race
- Visit a museum or historical center
- Visit the zoo
- Go zip lining
- Visit somewhere new
- Go fishing
- Go caving
- Go horseback riding
- Go rock climbing
- Go cycling or mountain biking
- Go camping
- Go hiking
- Go kayaking or canoeing
- Go birdwatching
- Hear live music
- Visit a garden
- Visit a park
- Visit an Alabama Natural Wonder
- Visit a pumpkin patch
- Go to a fall festival
- Navigate a corn maze
- Go on a hayride
- Visit a farm
- Go apple picking
- Visit a farmer's market
- Go to the fair



The Nutrition
and Physical
Activity Division

For more tips and information, visit alabamapublichealth.gov/npa