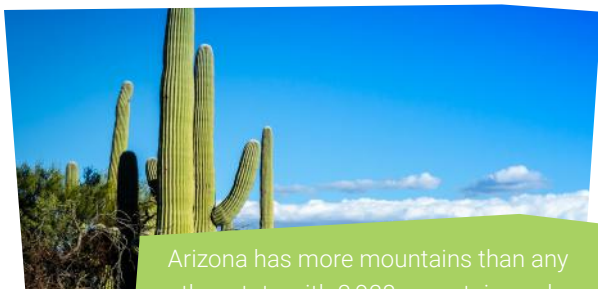


WELLNESS WONDERS OF AZ

Arizona is a wonder! It's a great place to work and thrive—a place to live, play and be your best. With its local pride, sense of community, great climate and breath-taking landscapes, Arizona is a place for thriving communities!

The Wellness Wonders of AZ fall challenge brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs, or simply enjoy some “me time.” Enjoy the beautiful fall weather and challenge yourself to **complete all seven Wonders by November 12th!**



Arizona has more mountains than any other state with 3,928 mountain peaks and summits.

Mountains and Parks

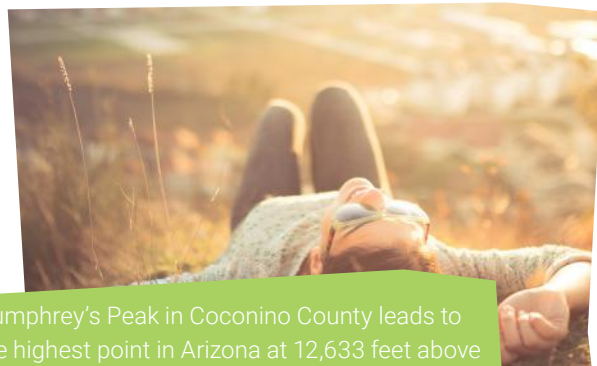
Arizona's mountains, peaks, and parks are truly epic. The buttes, ridges, and mesas make the state's landscape unique and beautiful. These natural wonders offer spectacular views and amazing hikes. Even if you have never hiked before, Arizona's trails have something for everyone.

Complete the MOUNTAINS & PARKS Wellness Wonder by hiking a mountain, peak, or local mountain preserve. Or, visit a local, state, or national park and share in the history of our beautiful state!

Fall in to Health

The fall season greets us with cooler temperatures and shorter days. School is back in session and the traffic flow gradually increases as seasonal residents make their way back home. It can be a busy time of year with fall festivals and delicious treats. Keeping both your body and your mind in good health are important to overall well-being. Pay attention to your physical, emotional, and mental health and wellness this season and all year long.

Complete the FALL IN TO HEALTH Wellness Wonder and test your health knowledge by taking the online quiz.



Humphrey's Peak in Coconino County leads to the highest point in Arizona at 12,633 feet above sea level, while the Colorado River is the lowest point at only 70 feet above sea level.



Arizona ranks second in the U.S. in head lettuce, leaf lettuce, romaine lettuce, cauliflower and broccoli production.

Farmer's Markets & Gardens

Arizona has over 15,000 farms and ranches throughout the state and is ranked fifth for production and sale of vegetables and melons in the U.S. Farmer's markets across the state are seeing an increase in foot traffic and sales as growers continue to educate the community on the benefits of consuming local produce.

Now that it has cooled off, it is the perfect time to shop at a local farmer's market or grow your own to incorporate fresh, healthy, and local foods into your diet.

Complete the FARMER'S MARKETS & GARDENS Wellness Wonder by planting a garden with at least two fruits, vegetables or herbs, visit a local farmer's market or community garden, or pick your own produce at a local orchard.



Arizona is one of few states that has an approved state-wide bicycle route. U.S. Bicycle Route 90 runs 573 miles from the Colorado River to the New Mexico border.

Fit For a Cause

Fall in Arizona is the start of race season! You can find a different charity run or walk practically every week to get your heart pumping. This season, we challenge you to race into your community and help make a difference. Whether you participate in a charity race, volunteer with a local organization, or help a neighbor, giving back to your community can benefit both your physical and mental well-being.

Complete the FIT FOR A CAUSE Wellness Wonder by signing up to run or walk in a race, or build your community by providing assistance to someone in need. Find a buddy or gather some co-workers to make the experience even more enjoyable! Aim for 30 minutes of activity.



There are over 60 charity races in the state of Arizona in October alone. Find a cause that you're passionate about and get moving!



Football players run approximately 7 miles on average per game.

Tackle a Fall Sport

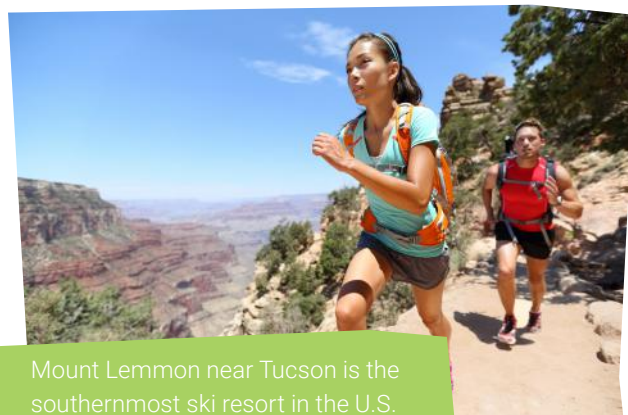
Since 1998, the Phoenix metro area has been able to boast that they are home to a major league team in the four dominant American sports—baseball, football, basketball, and hockey. Professional and collegial sports play a big part of the fall season across Arizona. But, you don't have to be a pro to participate!

Complete the TACKLE A FALL SPORT Wellness Wonder and get out and play a sport—any sport! You can gather a team or join a new one! Aim for 30 minutes of activity.

Choose Your Own Adventure

The Wellness Wonders of Arizona celebrates activity, healthy lifestyles, and the beauty this great state has to offer. Enjoy yourself while creating a healthier you and building a healthier Arizona community by choosing your own wellness adventure any time during this six-week challenge.

Complete the CHOOSE YOUR OWN ADVENTURE Wellness Wonder and participate in any outdoor activity to discover Arizona! Aim for 30 minutes of activity.



Mount Lemmon near Tucson is the southernmost ski resort in the U.S.

Sign up at: phoenixchamberfoundation.com/wondersaz



Wellness A to Z

GREATER PHOENIX CHAMBER
FOUNDATION