

## GOOD PRACTICE

# Activate Buffalo County



**City/Community**  
County of Buffalo

**Country**  
Kearney, Nebraska, USA

**Population**  
261.310

**Mission**  
To create awareness, advocacy, and excitement about physical activity and the importance of designing our community for active and healthy lifestyles.

**Target Group**  
Citizens of all ages

**Highlight**  
Having a big selection of physical activities to promote health and well-being

**Timeframe**  
Once a year



### Objectives

Activate Buffalo County is comprised of members who represent various Buffalo County entities and have a strong interest in creating a healthier Buffalo County through Active Living and Healthy Eating.

### History

As their initiative, Buffalo County believes that active living approaches such as walking or bicycling for basic transportation or pleasure, playing in the park, taking the stairs and using recreation facilities will help people achieve the Surgeon General's recommendation of 30 minutes of moderately intense physical activity on at least five days of each week.

### The Event

As a result they have an event annually called "Join the Movement! Community Challenge," where people are encouraged to complete 20 or more activities from the list below over the period of two months before a certain date to be eligible to win the grand prize (a new bicycle). After registration, participants share their story and photo of each activity and how they are doing at the time of submission.



## Activities List:

- Participate in Walk Out On Your Job (date given)
- Walk one mile in your community
- Sit in every seat of your local stadium -- sit at least 50 times per visit
- Walk a dog -- Yours, Your Neighbors, or at Kearney Area Humane Society
- Play disc golf
- Walk the Hilltop Mall five times
- Swim or Walk a lap at a local pool
- Build a sand castle at Ft. Kearny Recreational Park
- Climb Gottschalk Tower at Yanney Park
- Wash your vehicle - by hand
- Bike to another community in Buffalo County
- Explore the Kearney Farmers' Market
- Go bowling
- Run or Dance in the rain
- Walk a cow path in your local pasture
- Catch a fish for your supper
- Play croquet with friends and family
- Join a sports team
- Plant a garden or pull weeds in your existing garden
- Take a ride in a swan boat at Yanney Park
- Bike the Oldfather Mountain Bike Trail at Cottonmill Park
- Walk a mile at Wind Mill Park in Gibbon
- Jump on a trampoline for 10 minutes
- Cool off in the water park at Yanney Park
- Leave the cart at the club house, and walk the golf course
- Walk the University of Nebraska at Kearney campus, and take a family photo at the fountain
- Go camping!
- Play a game of tennis
- Mow your yard with a push mower
- Take a walk in a cemetery and take a photo of the most unique gravestone
- Walk the steepest hill in town
- Go horseback riding
- Play a pick-up game of basketball
- Run through the sprinkler in your yard
- Walk a mile down river to see all the wildlife
- Skip rocks on a pond or lake
- Walk a mile at Buffalo County Lake, Ravenna
- Pack a picnic for a trip to the gardens at Harmon Park

- Hula hoop for a full minute - take a break, and do it again!
- Walk a mile at War Ax Park in Shelton
- Jump rope 100 times
- Spend an evening dancing
- Take a walk somewhere you always wanted to, but never had the time
- Advocate with your local planning board for "complete streets" in your community
- GO FARTHER: Register and run or walk a 5K
- Walk, Bike or Run every trail on the Kearney trails system
- Ride your bike to work
- Attend the Annual Fund Campaign Kick-Off

**For more detail, please contact:**

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