



FOR ADVENTURE



upadownna.org

UpaDownnaTM
Unleash your Adventure

NAME: _____

DATE: _____



/upadownna #UpaDownna #UnleashYourAdventure

HIKE

BIKE

CLIMB

SUP

X _____

UpaDownna encourages you to get outside and become more active. Studies have shown that regular exercise helps reduce stress, maintain a healthy weight, and increase happiness.

The Adventure Rx Challenge
is sponsored by:

Penrose-St. Francis
Health Services
 Centura Health.



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A BRAND OF PMI