



The Health Challenge

Ride bikes up the Iron Horse Trail, enjoy a smoothie in Walnut Creek and ride home

Enjoy a month of workouts together at Bally in Danville for only \$30.00 per couple! Contact Shawn at 743-3919. Childcare only \$3.00 for 2 hours per child.

Hike up to Rock City on Mt. Diablo or around Lafayette Reservoir with a picnic

Enjoy a free nutrition consultation with Lisa Hammill. Call for appointment: 837-6863.

Get some healthy recipes and make dinner together

Participate in the Relay for Life fundraiser for the American Cancer Society 7/24 and 7/25. www.RelayforLife.org/PleasantonCA

Hike Big Basin sequoias and have lunch in Los Gatos at Pizza My Heart.

Get some fresh air at the Berkeley Kite Festival July 31-August 1. www.highlinekites.com

Visit John Muir's home in Martinez and do some hiking on Mt. Wanda. www.nps.gov/jomu

Spot sea otters from a kayak on the placid Monterey Bay National Marine Sanctuary. www.adventuresbythesea.com

Enjoy the Coastal Trail by foot or bike from Half Moon Bay to Pillar Point Harbor. Rent bikes at Bike Works in HMB (650) 726-6708.

Eat healthy! Pick your own produce at farms in Brentwood. www.harvest4you.com.

Go ziplining or spelunking in Murphys (try the tandem zip!): www.cavernstours.com

Get healthy financially by utilizing CPC's free financial coaching through Money Matters Ministry. Contact Glenn Hammill at Glenn@HammillConsulting.com.

Drive to San Damiano, take a walk, find a bench, and pray together.

Find a place to serve together. Volunteer one Sunday in Children's Ministries, assist one of CPC's mission partners or help with one of your favorite charities.

Plan a healthy progressive dinner with other couples.

Hike along the Las Trampas trail. Access trailheads off of Bollinger, Morgan Dr., Remington, Camille and Hemme. www.ebparks.org

Plan an activity with one or more couples... Bocce Ball, Golf, Tennis, Swimming, hiking... whatever!

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