

National Park Service  
U.S. Department of the Interior

Gateway Arch National Park  
Wellness Challenge Guide



**NPS  
WELLNESS  
CHALLENGE**

The logo consists of a stylized profile of a human head in shades of orange and red. Inside the head is a circular frame containing a landscape with green hills, a blue river, and a white sun. Below the head, the text "NPS WELLNESS CHALLENGE" is written in bold, red, sans-serif capital letters.

# Discover Your Path to Personal Wellness

We're giving a challenge.  
Every person. Any park.  
Get out. Go Explore.

Share on social media:

**#NPSWellnessChallenge**

[go.nps.gov/NPSWellnessChallenge](https://go.nps.gov/NPSWellnessChallenge)

Find us on the NPS app on  
Apple or Android.



Scan to  
learn more

Gateway Arch National Park

# National Park Service Wellness Challenge

Stamp your badge at the park or claim your digital badge with the QR code.

## **PHYSICAL** WELLNESS

Get active with  
three challenges:

- Rise to the West
- Carve Your Own Path
- Move Along the Mississippi

## **LEARNING** WELLNESS

Exercise your mind with  
three challenges:

- Report for Duty
- Monument to the Dream
- Visit the Museum

## **MENTAL** WELLNESS

Relax and reflect with  
three challenges:

- A View from the Top
- A Moment of Reflection
- Explore with Lewis and Clark

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