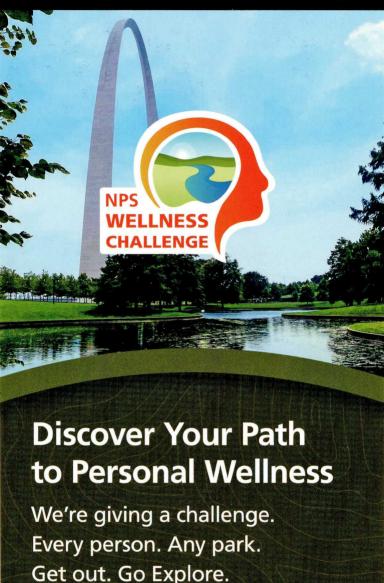
National Park Service U.S. Department of the Interior Gateway Arch National Park Wellness Challenge Guide





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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