Coin Up Challenge

Achieve a 1-up when you color in the x25 coin next to each stretch you’ve done!*  
BONUS: Make this a daily practice* when you find and complete tomorrow’s sheet in Special Edition Fun Book 2!  
For more wellness ideas, follow @kpsandiego on Twitter, @kpsandiegocounty on Instagram, and @kpthrive on Facebook.

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**Mountain pose**

- Sit/stand tall and outstretch your arms and fingers. (If standing, keep feet hip-width apart.)
- Lift both arms away from your sides and hold them in place when they’re about 12 inches away from your hips.
- As you settle into the pose, roll your shoulders back and tilt your chin slightly upwards.
- Take a deep breath while stretching your arms out as if someone were gently pulling down on your fingertips.
- Hold this pose for 5 deep breaths or for however long feels comfortable.

**Upward salute**

- Start in Mountain Pose.
- Reach your arms up over your head and lengthen your body through your fingertips.
- Tilt your face upwards to look at your hands as you reach up for the sky.
- Hold this pose for 5 deep breaths or for however long feels comfortable.

**Side stretch**

- Sit/stand tall and outstretch your arms and fingers. (If standing, keep feet hip-width apart.)
- Tighten up your tummy area to activate your core.
- Raise your right arm overhead and gently bend your upper body to the left in a reaching motion through your fingertips. Keep your upper body facing straight ahead—don’t twist it to the side as you bend. Make sure you feel the muscles gently stretch all along your side from your lower back to your shoulder.
- Hold this pose for 5 deep breaths or for however long feels comfortable.
- Return to the starting position. Then, repeat with the left arm.

**Neck stretch**

- Sit/stand with tall spine. (If standing, keep feet hip-width apart.)
- Shrug shoulders up to ears.
- Release and drop.
- Do at least three to five times.

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*Participation is “at your own risk.” We strongly recommend consulting with your physician before beginning any exercise program. Kaiser Permanente and Comic-Con International entities are not liable for any injuries resulting from your participation.*
**Scavenger Hunt**

Color in the box of each item you find in your home!* Play with friends or team up by household! Send a photo of you and your finds to museumops@comic-con.org for a chance to be featured on Comic-Con Museum’s social media. For wellness ideas, follow @kpsandiego on Twitter, @kpsandiegocounty on Instagram, and @kpthrive on Facebook.

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<th>MOVIE POSTER</th>
<th>ACTION FIGURE</th>
<th>POP CULTURE COSTUME PIECE</th>
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<th>POP CULTURE CUP, MUG, OR GLASS</th>
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Path Finder

Illustrate yourself at the start, then follow the veggies to collect your 1-up!
Left, right, up, or down only. No diagonal moves! For more wellness ideas, follow @kpsandiego on Twitter, @kpsandiegocounty on Instagram, and @kpthrive on Facebook.
Color us Healthy

Achieve a 1-Up by coloring in the fruit bowl below! Email a photo of you and your finished sheet to museumops@comic-con.org for a chance to be featured on Comic-Con Museum’s social media! For more wellness ideas, follow @kpsandiego on Twitter, @kpsandiegocounty on Instagram, and @kpthrive on Facebook.
Color us Thriving

Email a photo of you and your finished sheet to museumops@comic-con.org for a chance to be featured on Comic-Con Museum's social media! For wellness ideas, follow @kpsandiego on Twitter, @kpsandiegocounty on Instagram, and @kpthrive on Facebook.
Word Play

Remind yourself to stay healthy during and beyond Comic-Con@Home with these search terms!

Look for words across and down. For more wellness ideas, follow @kpsandiego on Twitter, @kpsandiegocounty on Instagram, and @kpthrive on Facebook.

W G Y R C W H O L E G R A I N S P C J X S
S K A P G Z N V M P V A I D C X A N E S F
Q E N O W S N A C K H E A L T H Y D G F E
P E A T R E A L F O O D L D Q E P F Z D K
W V T Q O T U T I X E U W C G H A P R G F
M D U T G S H R D D A W E K K K W U T S M G
H L R E E H Z R R G X A S Y P E S H T S R
C R A A T Q Z F I X P T M C L J E O A R O
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H B S M W R A N H A Q A F O L P S E Z G A
L I V E W E L L G K U F R E S H F R U I T

Drink Water  Get Outside  Natural Nuts  Snack Healthy
Eat Real Food  Grow Veggies  Pause to Stretch  Stay Active
Fresh Fruit  Live Well  Plant-Based Meals  Watch Standing
Get Enough Sleep  Meal Plan  Screen Break  Whole Grains
But wait, there’s more!

PLAY WITH US ON INSTAGRAM!
Visit the Comic-Con Museum Instagram daily (@comicconmuseum) for a health and wellness activity, courtesy of

Kaiser Permanente

BECOME A CHARTER MEMBER!
Benefits include collectibles like the Comic-Con Museum lanyard, enamel pin, and the 2020 Charter Member t-shirt! Sign up at Tiers 3, 4, or 5 to earn priority registration on Museum events.

Scan the QR code to visit our membership sign-up page!

WATCH OUR COMIC-CON@HOME PANEL!
Arrives Thursday, July 23, 2 p.m. PST
Join the Comic-Con Museum staff and insiders as they take you on a virtual tour of the Comic-Con Museum. The tour will be an exciting journey highlighting the Education Center, what the Comic-Con Museum may offer, and what to expect once it opens in 2021.