



LISTEN

Listen to an audiobook while being active.



LOG

Log each hour you're active while listening to an audiobook.



WIN

After you log 25 hours, turn in this pamphlet for a prize.

**Borrow
ebooks &
audiobooks**



Libby.

The reading app from our library, built by OverDrive.



WHAT COUNTS AS BEING ACTIVE?

We want this to be as accessible as possible! Any way you move your body counts as being active. Here are some examples of being active:

- Walking
- Running
- Cycling
- Cooking
- Cleaning
- Exercising
- Hiking
- Gardening
- Yard work

Please be aware of your surroundings if you're using headphones or earbuds.



**March 1st -
May 31st**

Name _____

Phone Number _____

Email _____

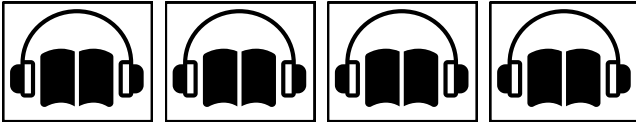
Library _____

HOURS LISTENED



= 1 hour

Cross out one pair of headphones for each hour that you listen to an audiobook while being active.



= 25 HOURS

ACTIVE AUDIO CHALLENGE RULES

- Participants must be 18 years of age or older.
- Participants must have a library card.
- Participants must complete the challenge by May 31, 2023.
- Return your log to your home library to claim your prize.
- Participants may complete the challenge as many times as they'd like, but are limited to just one prize.
- **Prizes are limited.**

Did you know? Audiobooks can improve your mental health. According to *Psychology Today*, "being read to helps reduce stress, manage anxiety, and lift mood."

YOUR FAVORITE AUDIOBOOKS

Tell us which audiobooks
you enjoyed the most!

[illegible]