

# Summer Fitness Challenge

There are all sorts of fun and healthy things to do this summer. The goal of this program is to improve your physical fitness and also to get you to try a few new things. Selecting a variety of activities will help you improve each of the three main components of fitness: strength, endurance, and flexibility. The most important thing is to enjoy what you are doing!

To get started, pick some activities and talk to a parent or guardian about what you have selected. Aim for at least 30 minutes of exercise each day – an hour is even better. You don't have to do it all at once – for example, you can break the time into 15-minute sessions.

Set a goal each week and write down the time on the log sheet that you spent exercising each day. Try to make your goals a little harder each week. At the end of the week, add up your exercise time. Did you meet or beat your goals? And, did you have fun doing it?

To earn a great surprise prize, you will need to keep your fitness log for at least 4 weeks out of the summer. That doesn't mean you should only do physical activity for 4 weeks; that is just how long you need to write it down. Before you turn in your log, make sure to sign it and have your parent or guardian sign it as well.

Here's a list to help get you started:

## Activities

<b>Aerobics</b>	<b>Baseball</b>	<b>Basketball</b>	<b>Bicycling</b>
<b>Bowling</b>	<b>Dancing</b>	<b>Four Square</b>	<b>Gardening</b>
<b>Golf</b>	<b>Gymnastics</b>	<b>Hiking</b>	<b>Hopscotch</b>
<b>In-Line Skating</b>	<b>Jump Rope</b>	<b>Kickball</b>	<b>Mountain Biking</b>
<b>Roller Skating</b>	<b>Running</b>	<b>Skateboarding</b>	<b>Soccer</b>
<b>Softball</b>	<b>Swimming</b>	<b>Tag</b>	<b>Tennis</b>
<b>Volleyball</b>	<b>Walking</b>	<b>Yoga</b>	<b>You Pick!</b>