











# Healthy Summer Challenge #1

*from the Michael & Susan Dell Center for Healthy Living*

<p>Eat at least 1 piece of fruit.</p> 	<p>Play Ball! Bounce, throw, or kick a ball against a wall.</p>	<p>Spend less than 2 hours watching tv.</p> 	<p>Make a list of your favorite healthy food and put it on the fridge.</p>	<p>Do a chore around the house like vacuum, dust, or mop.</p>	<p>Eat a vegetable you have not tried before.</p> 	<p>Go to a park with your family or friends.</p>
<p>Get 10 hours of sleep tonight.</p>	<p>Drink 8 cups of water today.</p> 	<p>Make up your own obstacle course.</p>	<p>Put fresh fruit in your cereal or on a piece of toast.</p> 	<p>Do push-ups, sit-ups, or stretch when commercials are on tv.</p>	<p>Draw a picture of your favorite healthy food.</p>	<p>Take a 20 minute walk with a family member.</p>
<p>Help your family cook a healthy dinner tonight.</p>	<p>Find your heart rate, before and after you play.</p>	<p>Play outside for 30 minutes.</p> 	<p>Eat 5 servings of fruit and/or vegetables.</p>	<p>How many times can you toss and catch a ball without it bouncing?</p>	<p>Go a whole day without drinking soda.</p> 	<p>Ask your parents to use parking spaces further away when you go out today.</p>
<p>With an adult, make plans to spend a day at the pool or lake.</p>	<p>Spend less than 1 hour playing video games.</p> 	<p>Spend 15 minutes stretching with your family after dinner.</p>	<p>Make a healthy snack with 2 healthy foods.</p> 	<p>Invent your own game and play it with friends or family.</p>	<p>To quench your thirst, only drink water or milk today.</p> 	<p>Have a piece of fruit with your breakfast.</p>









# Healthy Summer Challenge #2

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<p>Do a chore outside like sweeping, mowing, or gardening.</p>	<p>Make a fruit salad with at least 3 different colors of fruit.</p> 	<p>Flavor your water with cucumber, mint, or fruit slices.</p>	<p>Spend less than 2 hours watching tv.</p> 	<p>Play outside for at least 30 minutes.</p>	<p>Teach someone your favorite game from PE class.</p>	<p>Try a new vegetable with your family.</p> 
<p>Teach yourself to juggle. Start with plastic bags then try it with balls.</p>	<p>Make a healthy snack using 2 healthy ingredients.</p> 	<p>Stretch for 10 minutes before you go to bed.</p>	<p>Go the whole day without drinking soda.</p> 	<p>Play Ball! Bounce, throw, or kick a ball against a wall.</p>	<p>Make plans with your family to go to a park.</p>	<p>Take a 20 minute walk with a family member.</p>
<p>Play outside for at least 1 hour.</p> 	<p>Get 10 hours of sleep tonight.</p>	<p>Put fresh fruit in your cereal or on a piece of toast.</p> 	<p>Help your family cook a healthy dinner.</p>	<p>Make up your own obstacle course.</p>	<p>Eat 5 servings of fruits and/or vegetables.</p>	<p>Drink 8 cups of water today.</p> 
<p>Spend 15 minutes stretching with your family after dinner.</p>	<p>How many times can you toss and catch a ball without it bouncing?</p>	<p>To quench your thirst today, only drink water or milk.</p> 	<p>Do push-ups, sit-ups or stretch when commercials are on tv.</p>	<p>Eat 1 vegetable at breakfast.</p>	<p>Invent your own game and invite your friends or family to play it with you.</p>	<p>Spend less than 1 hour playing video games.</p> 

# Healthy Summer Challenge #3

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Find your heart rate, before and after you play.	Ask your parents to use parking spaces further away when you go out today.	Have a piece of fruit with your breakfast. 	Do a chore around the house like vacuum, dust, or mop.	Drink 8 cups of water today. 	With an adult, make plans to spend a day at the pool or lake.	Challenge a friend or family member to a race.
Eat 2 colors of vegetables at lunch.	Spend less than 2 hours watching tv. 	Practice your juggling skills.	Go the whole day without drinking a soda. 	Stretch for 10 minutes before you go to bed.	Take a 20 minute walk with a family member.	Play outside for at least 1 hour. 
Play Ball! Bounce, throw, or kick a ball against a wall.	Make a healthy snack with 2 healthy ingredients. 	Make up your own obstacle course.	Help your family plan healthy lunches for the new school year. 	Get 10 hours of sleep tonight.	Flavor your water with cucumber, mint, or fruit slices.	Spend less than 1 hour playing video games. 
Pick your own healthy activity from the challenge.	Pick your own healthy activity from the challenge.	Pick your own healthy activity from the challenge.	Pick your own healthy activity from the challenge.	Pick your own healthy activity from the challenge.	Pick your own healthy activity from the challenge.	Pick your own healthy activity from the challenge.