

Healthy Summer Challenge

from the Michael & Susan Dell Center for Healthy Living

JULY

Spend less than two hours watching TV

Do a chore around the house like vacuum, dust, or mop

Go swimming with your friends or family

Park farther away from the store in the parking lot to walk more

Start a family dance party

Stretch before and after going on a walk

Do a dance workout class like ballet or Zumba

Have a jumping jack contest during a commercial break

Take the stairs instead of an elevator

Bike to a local park

Take a walk in nature with a family member

Try a new jump rope trick

Stretch for 10 minutes before you go to bed

Have a race with your sibling or friend

Stretch outside with a friend

Spend 15 minutes stretching after dinner

Spend an hour playing outdoors

Do 20 arm circles

Play a game with a ball, like basketball or volleyball

Try a 20-second wall sit

Walk to a store from your home

Do a chore outside like raking, mowing, or gardening

Spend less than one hour playing video games

Go on a hike with friends and family

Have a sit-up contest during a commercial break

Do 5 push-ups

Sign up for a 5k and train with your family

Practice yoga in the morning

