

# JULY HEALTHY SUMMER Challenge

from the Michael & Susan Dell Center for Healthy Living

## Keeping Active

Have a family workout

Play outside for 60 minutes



Wiggle your fingers and toes for 30 seconds

Make up a game with your siblings or neighbors

Try a new yoga pose

Go on a scavenger hunt

Stretch as high as you can

Build a fort inside

Do 15 jumping jacks

Play catch



Touch your toes for 10 seconds

Balance on your right leg for 30 seconds



Go on a hike

Balance a book on your head for 10 seconds

Learn how to do a cartwheel

Practice yoga at sunrise

Walk like a crab across a room

Build an obstacle course

Do 15 sit-ups

**3 DAY CHALLENGE:**  
Do 10 pushups for three days in a row

Have a headstand contest



Choreograph a new dance



Balance on your left leg for 30 seconds

Play a game of tag with your siblings or neighbors

Have a family dance party

Go for a run

Have a water balloon fight

Take a Zumba dance class