

# 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>Skip tv for a day.</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 on a bike ride with 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>Eat 5 servings of fruit and/or vegetables.</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>Draw a picture of your favorite healthy food.</p>	<p>Make a meal with 3 different colors of fruits or veggies.</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, clean up a park or trail while walking.</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 a friend how to make your favorite healthy snack.</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>Eat fruit instead of dessert today.</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>Try a new to you fruit.</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>With an adult, make plans to eat a healthy picnic outside.</p> 

# Healthy Summer Challenge #3

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Find your heart rate, before and after you play.	Tell your friend your favorite fruit or veggie. Ask them what theirs is.	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.	If you watch TV, do jumping jacks during commercials. 	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. 
Try a new outside activity with your family or friends.	Make a healthy snack with 2 healthy ingredients. 	Eat 4 different colors of fruits and vegetables today.	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.