

## Summer Fitness Activity Ideas

- Swimming
- Bike Riding
- Push Ups – Goal over 10 Consecutive
- Jumping Rope
- Basketball
- Jogging/Walk – Goal Under a 12 minute mile
- Hiking
- Sit Ups – Goal over 10 Consecutive
- Stretching / Yoga
- Other Sports and Fitness Activities



Adults call it “working out.”

Kids call it “playing.”



## East Hampton Public Schools

### Summer Fitness Challenge

Students Entering  
Grades 1-8



**Healthy Schools**

*Focusing on Healthy Habits*

Student Name: \_\_\_\_\_

Grade Entering: \_\_\_\_\_

# Blocks Completed: \_\_\_\_\_

**Meet the challenge and receive a  
reward at the beginning of the  
2016-2017 school year.**

# Summer Fitness Challenge

Mark 1 box for every 20 minutes of continuous activity.


Have fun...Get moving...Your summer challenge is to engage in a minimum of 30 sessions of continuous physical fitness activities!