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



Focusing on Healthy Habits	Focusing	on Healthy	Habits
----------------------------	----------	------------	---------------

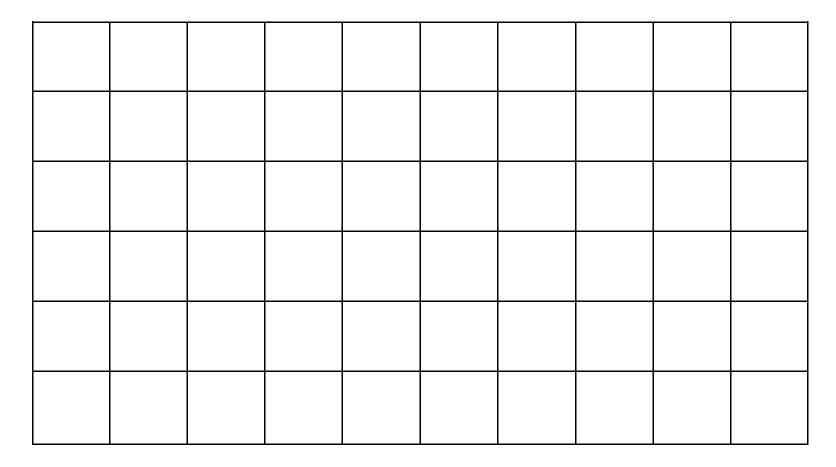
Grade Entering: _____

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!