



**SUMMER
OUT LOUD
PASSPORT**



Spend 30-minutes each day being active as a family. We've put together a list of fun ideas in the focus areas of **getting active, spending time together, being a part of something big, and forming healthy habits**. Remember, parents are role models for children, so if you're having fun and making healthy living important, the kids will follow.

Tips to get started

- This challenge is voluntary. Don't be surprised if their interest is peaked after they see that it can actually be fun.
- Everyone should get to contribute to what fitness activities are incorporated. Take a vote or take turns choosing activities.
- Keep it positive and never allow anyone to poke fun of someone's efforts.
- Create a log of family list.
- Don't forget that exercise and clean eating go hand-in-hand.
- Some challenges ask you to share on Facebook or Instagram. If you don't have an account or don't feel comfortable posting, you still get the points.

These are suggestions to make the next 21 days -- and beyond -- a BIG success.

Mark-off 30 points (out of a possible 40) and submit to the welcome desk to be entered into your Y's prize drawing and the national Strong Life grand prize.

AT YOUR Y (2 points each)

The sounds of summer are back at the Y. After a crazy year, it is time to live Summer Out Loud!

- Visit the Y as a Family**
Visit the welcome desk to mark-off your passport.

- Swim Test**
Take a YMCA swim test to make sure you are swimming in the right part of the pool.

- #YSummerOutLoud**
Post a photo with #YSummerOutLoud and tag your local Y. Show the welcome desk to mark-off your passport.

- Virtual Family Class**
Visit StrongLife.org/live-fitness for a virtual fitness class or StrongLife.org/on-demand for our library of classes.

GET ACTIVE (1 point each)

Focus on growth. Learning something new, setting a goal, and completing a task are all achievement

- Create an Obstacle Course
- Pushup Challenge
Start with a round of pushups and track everyone's progress throughout challenge
- Fly a Kite
- Play Hopscotch
All you need is a piece of chalk to draw a court and a small object to toss around.
- Learn a New Skill
Learning a new skill can not only keep kids active, but is good for the brain, too!
- Read a Book
Visit the library and read a new book.
- Pen Pal
Find an active military or veteran to be your new pen pal.
- Park Visit
Visit a new local park each week.
- Summer Learning
Learn about a new country, their language, and find out how to say hello in that new language.

SPEND TIME TOGETHER (1 point each)

Focus on helping kids make new friends and strengthen their connections with siblings or parents.

- Adventure Hike**
Make a list of natural elements for your kids to find. For example, look for a purple flower, a heart-shaped rock, or a good climbing tree. Snap a picture to add to the StrongLife Community page on Facebook.
- Family Bike Ride**
Invite a neighbor to take a ride.
- Track Your Walks**
Map out a family-fun destination and log the miles it would take to get to the destination. Perhaps, treat the family to a trip there when you reach the goal.
- Make a Family Fitness Video**
Put together a dance video as if you are planning to sell it. Post it and hashtag #YSummerOutLoud and tag your Y.
- Charades**
Fill a bowl with familiar characters or words.
- Board Game Night**
- Song Writing**
Write a funny song you can record and share with others. Post it and hashtag #YSummerOutLoud and tag your Y.
- Tech Free Day**
Participate in #TechFreeTuesday and plan a special outdoor activity.

BE A PART OF SOMETHING BIG (1 point each)

Focus on making kids feel included, like they are a part of the solution or part of a team and something bigger than themselves.

- "Effort" Sports**
Play soccer, football, or baseball, or street hockey. Make traditional games more fun with your own family rules and praising effort over winning.
- Dance Party**
Play a game of Freeze Dance or Musical Chairs. Try "Rockin' Kid's Radio" on Pandora. Take a picture or video to add to Strong Life Community page on Facebook.
- Support a Cause**
Volunteer or give at a local non-profit. Did you know, the Y is a non-profit organization?
- Treasure Hunt**
Hide something exciting and make a map. Be sure everyone gets a turn. Add a little challenge with rules to follow while hunting. For example, everyone has to skip from location to location.
- Relay**
Create a list of activities for each family member to complete. Keep track of the time and try to beat it each time.
- Go Plogging**
Walk or run and pick up trash along your route. Take a picture of how much trash you were able to collect.
- Clean Up**
Clean out items in your drawers and closet that you no longer need and find a charity you can support.

CREATE HEALTHY HABITS (1 point each)

Focus on making kids feel included, like they are a part of the solution or part of a team and something bigger than themselves.

- Five Fruits/Vegetables 2 Days in a Row**
Track it and try a new option each week.
- Take the Stairs**
Encourage everyone in the family to use the stairs instead of the elevator, no matter where they are.
- Stock Up**
Purchase toys or equipment related to fitness. If you're traveling this summer, keep the equipment handy when at a rest stop.
- Don't Be Afraid to Walk It**
Park the car at the far end of the parking lot when shopping. Explain to the children the importance walking has on health.
- Meal Planning**
Include kids in planning and cooking a meal for the whole family.
- No Soda or Sugary Drinks**
For the entire challenge or limit an amount per week.
- Stay Active**
Make a commitment to be active a minimum of 30-minutes everyday.
- Free Space!**



Our **Summer Out Loud Family Challenge** encourages you to think outside of the gym and take advantage of your surroundings.

**YMCA OF YORK
AND YORK COUNTY**

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**LANCASTER FAMILY
YMCA**

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