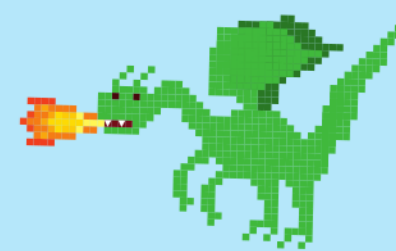




SUMMER READING
2020



LET THE GAMES BEGIN

Compete two or more activities to earn your healthy living button.

 **Make a fitness cube and use it each day for a week**

- Starter ideas: jumping jacks, pushups, high knees, squats, one foot hops
- Simple way to make is to use a small tissue box. Instead of cube create a list 1-6 and use a dice to determine activity.
- Here is an [example](#)

 **Help make a healthy meal or snack.**

- Request cookbooks through the [library catalog](#)
- Online resources: [America's Test Kitchen](#), [Charlie Cart Project](#), [Shape Your Future OK](#)

 **Create an obstacle course for yourself or someone else. This can be done inside or outside.**

- Here is an [example](#)

 **Set a family fitness goal such as walking for 30 minutes every other day or doing 5 pushups before breakfast.**

 **Complete a Nature Scavenger hunt**

- Use this [one](#) or find others online

 **Take a bike ride, make it more challenging by going to a new part of town.**

- List of [city walking & multi-use trails](#)
- Bonus challenge: find the biggest hill in your area and time yourself riding up it. Time yourself again in a week to see if you can go faster.

[Click this link](#) after completing the activities to unlock the secret code.

Your prize button will be awarded at the end of summer.