



FAMILY PASSPORT

 SUMMER CHALLENGE

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.

This passport gives you suggestions to make the next 21 days--and beyond--a BIG success.

Check off 30 points and drop your completed passport into the marked Summer Out Loud boxes at our desks throughout the building by Aug 4. You could be entered to win a Countryside YMCA prize drawing* and the national Strong Life grand prize*.

***Restrictions may apply.**

TIPS TO GET STARTED:

- Text SUMMER to 844-889-6222 to join the Summer Out Loud Family Challenge.
- This challenge is voluntary.
- Everyone should get to contribute to what 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.

Name: _____

Email: _____

Phone: _____

Tag @CountrysideYMCA and #YSUMMEROUTLOUD when posting on social media!

For more information visit countrysideymca.org

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 the 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.

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 there. 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.

Invite a Friend

Invite a friend, neighbor, or other family members to participate.

BE A PART OF SOMETHING: (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, baseball & 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 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 Day 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!

LOCAL COMMUNITY: (1 POINT EACH)

The sounds of summer are back! Check out these activities throughout our local community! Note: Events are subject to change. Visit countrysidemca.org for more information on these events.

- 3rd Friday on Mulberry Street - July 16
- Together We Thrive: Yoga with Karen Tompos - July 17
- Shakespeare in the Park - July 17
- Warren County Fair - July 19-24
- Warren County Music Festival - July 30-31

COUNTRYSIDE YMCA: (2 POINTS EACH)

The sounds of summer are back! Check out these activities throughout our Y! Note: Events are subject to change. Visit countrysidemca.org for more information on these events. Activities available to Members & Non-Members. Visit our website for more events!

- 3 on 3 Basketball Tournament - July 17 - Cottell Park
Pricing and registration at the front desk or at countrysidemca.org
- Nature & Birding Hike - July 20 - Hewett P. Mulford Nature Trail
Free. Sign up on the Myzone app.
- Girls Night Out - July 24 - Countryside YMCA | Lebanon
Pricing and registration at the front desk or at countrysidemca.org
- #YSummerOutLoud
Post a photo with #YSummerOutLoud and tag Countryside YMCA.

LOCAL OUTDOOR SPACES:

- Harmon Park
- Caesars Creek
- Armco Park
- Miller Ecological Park
- Landen Deerfield Park
- Cottell Park
- Patricia Allyn Park
- Little Miami Scenic Trail
- Lebanon Countryside YMCA Trail

OFFERINGS FOR COUNTRYSIDE YMCA MEMBERS ONLY:

- Family Ninja Warrior Classes
- Family Swim Lessons
- Access to our Outdoor Pool & Family Aquatic Center
- Kids Movie Night
- & More

**Want to become a member?
Come in for a tour!**



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

