

# Summer Wellness Challenge



## Make Fitness a Family Activity this Summer!

### Activities for Elementary, Middle and High School

Time to get moving and join us for this week's Summer Wellness Challenge! Living in the Beach Cities makes it easier for all of us to keep active. In addition to the physical benefits, research shows that exercise improves your immune system and reduces anxiety and stress. Exercise is our personal superhero: it makes us stronger, fights off infections and is a proven mood booster!<sup>1</sup>

Kids 6 –17 years old should accumulate at least 60 minutes of moderate to vigorous physical activity daily.<sup>2</sup> Although the majority of activity should be aerobic, you still can accumulate fitness minutes by walking the dog, household chores, gardening, dancing and everything in between. Keep at it and try to encourage you child, even if only for 10- minute boosts of exercise. Every bit makes a difference and all the short sessions together will help them meet their daily fitness goal. For younger kids, getting the whole family involved will likely make it easier.

Here are some fun ways Beach Cities Health District (BCHD) can help you and your family be active:

- **Center for Health and Fitness** – Our facility is now open for:
  - Indoor workout equipment reservations
  - Outdoor group exercise classes
  - Personal training
  - Small group training
  - Massage
  - Private pilates
  - Virtual classes
- **AdventurePlex** – We haven't forgotten our youngest fitness seekers! Our team at AdventurePlex is reopening for summer camp. At this time, summer camp is the only program AdventurePlex will be offering, with daily and weekly camps from June 21 through August 20.

<sup>1</sup> Drayer, Lisa. (2020, March 27). How to strengthen your immunity during the coronavirus pandemic: Exercise, meditation, sleep and stress management. Retrieved from <https://www.cnn.com/2020/03/26/health/immunity-exercise-sleep-meditation-stress-coronavirus-drayer-wellness/index.html>

<sup>2</sup> American Heart Association. (2018, April 18). American Heart Association Recommendations for Physical Activity in Adults and Kids. Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

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In addition to BCHD's fitness opportunities, there are many other ways to get your family up and moving this summer. While outside enjoying some fresh air, please continue to follow Los Angeles County's guidelines.

- **Enjoy fitness as a family.** Watching a movie together is entertaining, but so is a bike ride, walk, backyard catch and family dance party. Perhaps you want to get more adventurous and try rock climbing or hiking. Kids will be more inclined to choose activity time over computer time if the family participates together. For younger children, add independence and responsibility to the mix by assigning them a day or week when it's their turn to decide the activity. Or, for spontaneity, write ideas down on paper, throw them in a jar and randomly choose the day's activity.
- **Create a summer bucket list.** We've all heard our kids say, "I'm bored!" If you have a summer bucket list handy, then you will have a better chance of solving that dilemma quickly. Design a list specific to your family. [Click here for a sample bucket list that will help your family get started.](#)
- **Divvy up "healthy" chores.** Age-appropriate chores are a great way to be active and responsible at the same time. Walking the dog, gardening, mowing the lawn and washing the car are a few examples of how kids can help around the house and work towards their daily fitness goals.
- **Create a family fitness planner.** Keep a planner solely devoted to physical activity. No work and errands allowed in there! The idea is that if you see something in writing, you'll be more likely to do it. In your planner, you can include anything from a water balloon toss in the backyard to a hike in the mountains. Pull ideas from your bucket list and don't forget to note any calorie-burning chores. [Click here for a planner template.](#)
- **Design a fitness challenge.** Nothing like friendly competition to inspire the entire family to get moving! One example is to get everyone pedometers and see who can reach 10,000 steps first. Or, make the challenge more personal by setting individual goals. Older kids and adults can use their smartphones to track their steps and activities.

## Additional resources:

- Hy-Vee KidsFit <https://www.hy-veekidsfit.com/at-home/what-is-hy-vee-kidsfit-at-home/>
- The Body Coach TV <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- GoNoodle for Families <https://www.gonoodle.com/>
- Active Home <https://openphysed.org/activeschools/activehome>

For more information visit [www.bchd.org/summerchallenge](http://www.bchd.org/summerchallenge). Share your family completing the challenges on social media using #BeachCitiesSummerChallenge.