



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

akronymca.org

Share your activities on social media:

Facebook: @Akron Area YMCA

Instagram: @akronareaymca
#YSummerOutLoud



FAMILY PASSPORT

 **SUMMER CHALLENGE**

Try 30 minutes a day!

Remember to have fun! If you're participating and making healthy living important, your family will follow your lead.

Tips to get started with your family ...

- 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 activities completed.
- 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.*
- Please SHARE and TAG!

Facebook: @Akron Area YMCA

Instagram: @akronareaymca

#YSummerOutLoud

HOW DID WE DO?

We'd love some feedback on how the challenge went for you and your family.

What did you like?

What could we have done differently?

Look for a more detailed survey after the challenge is over.

CONTACT INFORMATION

Thank you so much for completing the **Summer Out Loud Challenge!**

Please **PRINT** your name, email, and number below to be entered into a local and national raffle.

LOCAL GRAND PRIZE: One local Akron family will receive a **FREE**, one-year Family membership (valued at \$1,000)

NATIONAL GRAND PRIZE: One family will win a **FREE FAMILY VACATION*!** AND a one-year family membership to their local YMCA. (trip value up to \$5,000)

**please see akronymca.org/summeroutloud for full details and restrictions.*

NAME: _____

EMAIL: _____

PHONE NUMBER: _____

Mark-off 30 points (out of a possible 40) and submit to the welcome desk at an Akron Area YMCA branch. This is your ticket to be entered into the prize drawings

AT OUR YMCAs (2 points each)

- ☐ **Visit the Y as a Family**
Have an Adult (18 or over) visit the welcome desk to mark-off your passport.
- ☐ **Family Swim Time**
Come enjoy our open swim opportunities in the Aquatic Center. Check our website for updated summer times—akronymca.org/schedules.
- ☐ **#YSummerOutLoud**
Post a photo with #YSummerOutLoud and tag your local Y. Show the front 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.
- ☐ **Mini Treasure Hunt**
At each branch, we've hidden a familiar Disney character. **Print the Branch Name and Character here:** _____

Non-Members ...

Show this Passport at an Akron Area YMCA branch and get ONE free visit EACH week of the Challenge.

LOCAL EVENTS (2 points each)

Each of our branches will be hosting an event during the challenge! Check out our Facebook page (Akron Area YMCA) or our website for more details. (akronymca.org/summeroutloud)

- ☐ **Summer Out Loud Kick Off Dance Party**
Tues., July 13th @ Green Family YMCA. 6 p.m.
Kick off this challenge with a great dance workout for the whole family can enjoy!
- ☐ **Board Game Night at the Firestone Park Y**
Fri., July 16th @ Firestone Park YMCA. Pop over to the Firestone Park Y and play some board games with the fam!
- ☐ **Chalk Out at the Riverfront Family Y**
July 19th & 21st @ Riverfront Family YMCA. Head over to the Riverfront Y, during open hours, to create outdoor chalk art!
- ☐ **Family Fun Night at the Lake Anna Y**
Sat., July 24th from 5-7pm @ Lake Anna YMCA.
Join the Lake Anna Y for a night full of family friendly activities—and check more boxes off your passport along the way!
- ☐ **Family Fun at the Grizzly Outdoor Pool**
Fri., July 30th from 5-7pm @ Wadsworth Y's Grizzly Pool. Come out for a night swim! Games such as Sand Volleyball, Cornhole, giant Jenga, and giant Connect Four will also be available to entertain the whole family.
- ☐ **Healthy Snack Week at the Kohl Family Y**
July 26-30th @ Kohl Family YMCA. Stop by the Kohl Y any day this week for a FREE healthy snack and to learn a bit about eating well!

RESOURCE LIST

Check out these websites to help you and your family be more successful during this challenge!

- Stronglife.org
The national Summer Out Loud webpage. TONS of great information here!
- AkronYMCA.org
Find details about local events, branch locations, and other schedules.
- SummitMetroParks.org
A great resource for find new parks and outdoor activities to explore.
- DowntownAkron.com
A great database for free events all over downtown Akron—great for families of all kinds.
- NortheastOhioFamilyFun.com
Great inspiration for new places around NEO to check out as a family.



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, too. The Towpath and the Freedom Trail are great local bike paths!
- ☐ **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 a goal you set.
- ☐ **Make a Family Fitness Video**
Put together a dance video as if you are planning to sell it. Post it, hashtag #YSummerOutLoud, and tag our Akron Area YMCA.
- ☐ **Charades**
Fill a bowl with familiar characters or words.
- ☐ **Family Board/Card 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 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.
- ☐ **Home 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 the 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 every one 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. Track 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 fitness and health. Be the role model for your family.

- ☐ **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 family 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!**
Choose your own healthy activity not found in this passport.

GET ACTIVE (1 point each)

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

- ☐ **Create an Obstacle Course**
- ☐ **Pushup/Plank/Sit-up Challenge**
Start with a round of pushups, planks, or sit-ups 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! Littles can start with potty training, tying shoes or riding a bike. Olders can try knot tying, a new sport or craft.
- ☐ **Read a Book**
Visit the library and read a new book.
- ☐ **Pen Pal**
Stop in to your **local branch** to write a letter/card to an active duty member of the military!
- ☐ **Park Visit**
Visit a different local park each week.
- ☐ **Summer Learning**
Check out our tables at **each branch** to learn about a new country, their language, and find out how to say hello in that new language.