

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Turn in June Challenge and receive a jump rope for July Challenge</p>	<p>1 Walk 2 miles on the beach</p>	<p>2 10 squats 10 sit ups 10 hydrants (each leg)</p>	<p>3 Run 1/2 mile to a mile <i>National Running Day</i></p>	<p>4 Stretch for 30 minutes in the morning</p>	<p>5 20 jumping jacks 15 squats 10 push-ups</p>	<p>6 Eat an apple And get 10,000 steps today</p>
<p>7 Clean your kitchen today</p>	<p>8 Run/walk for 2 miles around town</p>	<p>9 30 sec plank 20 sit ups 10 char dips</p>	<p>10 Cook salmon with new spices today <i>National Herb and Spices day</i></p>	<p>11 Walk for 4 miles and look for wild flowers to press</p>	<p>12 Watch a movie and do 5 squats every 15 minutes</p>	<p>13 Go for 45 min bike ride</p>
<p>14 Run for 15 minutes with your kids or friends <i>National Children's Day</i></p>	<p>15 Do a 30-min workout at the park and take a selfie <i>Nature Photography Day</i></p>	<p>16 1 min plank 30 sec squat hold against the wall <i>National Eat Your Vegetables Day</i></p>	<p>17 Include a vegetable in each meal <i>National Eat Your Vegetables Day</i></p>	<p>18 Run for 2 miles</p>	<p>19 25 squats 25 sit ups 20 min stretch</p>	<p>20 Midnight Sun Compete in Gold Dust Dash Beach Run</p>
<p>21 Do 21 jumping jacks with a father-figure OR your kids to celebrate Summer Solstice <i>Father's Day Summer Solstice Day</i></p>	<p>22 50 jumps 20 lunges 10 split squats (each leg)</p>	<p>23 Drink 8 glasses of water (add a couple of pieces of lemon for flavor) <i>National Hydration Day</i></p>	<p>24 Walk to Nome Visitor Center and run back</p>	<p>25 Video chat with 2 family members that don't live with you</p>	<p>26 Eat 2 servings of fruit</p>	<p>27 Walk to the store today and do your grocery shopping</p>
<p>28 15 sit ups 10 chair dips 5 push ups 10 sit ups 15 chair dips</p>	<p>29 30 min stretch</p>	<p>30 Run 1 mile on the beach</p>	<p>Turn in <u>3 consecutive</u> monthly challenges for a Chance to win a Pedometer! *Please remember to practice Social Distancing*</p> <p>Can now turn in for Veggie Bucks to be used during our Veggie Market towards the end of summer 😊</p>			



June

Name _____ Date of Birth _____

Guardian's name (If under 18): _____

Your Community: _____

Phone Number: _____

Address: (to get jump rope) _____

30 Day Fitness Challenge Rules

- 1. Complete exercise/activity designated for each day of the month.**
- 2. You do not have to complete the exercises all at one time. For example: You can complete 15 mountain climbers in the morning of that day and 20 in the evening of that same day.**
- 3. Participants under 18 years old must get a parent or guardian to sign the calendar.**
- 4. Return completed calendar to CAMP to receive a prize.**

I understand and accept the element of risk of physical injury through participation in the 30 Day Fitness Challenges. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise.

I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

(Participant or Parent/Guardian signature)

Date



Please return completed calendars to
NSHC CAMP office or email
Kim Gray kgray@nshcorp.org
Questions: Call 443-3365



**NORTON SOUND
HEALTH CORPORATION**