

# The Strong Kid Challenge

The Strong Kid Challenge is designed to promote physical and mental health. There is a strong correlation between regular physical activity and good mental health. We hope that by participating in the challenge, we can help the child create a habit of exercise which will help them face the challenges of today. We also understand that not being able to go to school and play with friends can be difficult. This opportunity may offer children a safe proxy to get exercise while participating in some friendly competition.

The challenge is for the child to exercise 15 minutes each day for 5 straight days. The child can either complete the activities outdoors or indoors. There is a list of exercises the child can do each day.

Each challenge is given a numerical value. Each challenge can be done only one time each day to count for points. The participant will have 15 minutes to do as many exercises and earn as many points as possible. Activities should be adjusted to ensure child safety. Each day the participant should keep track of the amount of points gained by using the attached score card.

At the end of the five days, the child will add up the points they obtain and take a picture of the scorecard. Submit your score card by either posting it on Instagram and tagging #RVUSUFALLHEALTH or email the picture to [marketing@rvu.edu](mailto:marketing@rvu.edu) to be entered into the prize drawings. [Exercise How-To For Kids.pptx](#)

## Challenges

5 point challenges:

- 30 jumping jacks
- 10 air squats
  - 30 second balance on one foot
  - Stretch for one minute

10 point challenges:

- 30 seconds high knees
- 5 minute walk
- 35 crunches
- 5 minute meditation

15 point challenges:

- 20 knees to chest jumps
- 30 second forearm plank
- Crab walk 20 feet
- Help your mom or dad with some chores

20 point challenges:

- 25 push ups
- 15 burpees
- 1 mile run

*ATTENTION: Perform these activities under parent supervision and at your own risk. The challenges have been approved as age appropriate and safe by Dr. Gary Lambert. If there is additional concern for physical safety or health, one should seek approval by a physician. Participants should wear appropriate footwear. Have fun, get fit, but be safe!*

# 5 Day Challenge

	Points
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Total:	

Steps:

1. Print this template out.
2. Try and earn as many points as you can in a 15-minute window.
3. Track your points each day.
4. Add up your total.

\*Take a picture of you with your 5-day challenge sheet and post it on Instagram or Facebook with the hashtag #RVUSUFallHealthFair or send to [marketing@rvu.edu](mailto:marketing@rvu.edu) to be entered into the prize drawings.