



KID FIT

Session FIVE

July 8 - 12, 2013

UNIVERSITY OF DAYTON | CAMPUS RECREATION
Inspiring 6 to 12 year-olds to lead healthy, happy lives.

This week campers learned and practiced different ways to stay active, well-balanced, and healthy. Highlights from this week included:

- Practicing in fitness and yoga classes taught by our very own UDCR Fitness Instructors
- Completing Physical Fitness Test inspired by the President’s Challenge
- Learning about healthy, well-balanced eating habits
- Exploring campus through an outside nature hunt
- Reading at Siesta time
- Climbing twice on the Rock Wall
- Running and playing games on Stuart Field
- Dancing to the Macarena and other favorite songs
- Exercising our “right brain” through finger and hand painting
- Making stress balls from balloons and rice
- Participating in a fitness obstacle course – led by our older campers for Future Flyers
- Playing new sporting games, like Mat Ball



KID FIT Highlights (Session FIVE)



Campers having fun in the studios!

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