JUNE 13 – JULY 2

Grab your friends and family and let’s make it a summer to remember with the Y!

Text SUMMER to 844.889.6222 to participate!

Check off at least 10 items on this list before July 2 for a chance to win $2,000!

Enter to Win: Submit your Bucket List at your local Y OR submit online at StrongLife.org/BucketList by scanning this QR code.
Stay up late and go star-gazing with family or friends.

Try a new healthy recipe. If you like it, share it with friends!

Have a water balloon or squirt gun fight with friends or family.

Draw an obstacle course with chalk and see how many times you can complete it.

Learn to use 3 new pieces of strength equipment at the Y. Ask a staff member for help!

Give paddleboarding or kayaking a try.

Visit a national park in your area ... one that you’ve never been to before.

Run through a sprinkler.

Drink 40 or more oz. of water in one day.

Eat 3 different types of fruit in one week.

Give a ride or deliver a meal, to someone in need.

Try something new – maybe something that scares you. Remember to be safe!

Don’t eat fast food for one week.

Learn 3 new abdominal exercises. Google it!

Sign up for a 5k.

Make a new friend.

Use the treadmill at 15% incline (any speed) for 5 minutes.

Exercise outdoors, find a new hiking trail.

Volunteer at a local non-profit – maybe the Y!

Download the “Couch to 5k” app and start running.

Try a locally-owned restaurant that you’ve never tried before.

Get lost in a book.

Try a new sport – maybe pickleball!

Go to bed an hour earlier than usual.

Attend a sporting event and root for the home team.

Try a smoothie using real fruit. Look up a healthy recipe.

Wake up early to watch the sunrise.

Go for a nature walk and count the different types of leaves and flowers you see – or make a scavenger hunt list before you start and see how many items you can find.

Find out how many calories you should consume in a day. Check out myplate.gov.

Visit a farmer’s market in your area.

Splash in the pool! Play pool games, have fun – don’t worry about swimming laps!

Walk or ride your bike for at least 30 minutes!

Play a new board game – or maybe even try chess!

Go camping – even if it’s only in your living room.

Participate in a Y Group Exercise Class.

Get 10,000 steps every day for 5 days.

Unplug for 48 hours!

Tie dye something.

Have a picnic!

Build a sand castle.

Insert your own bucket list items:

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Name: _____________________________________________

Email: _____________________________________________

Phone: _____________________________________________

Tell us your favorite thing about completing the Y Summer Bucket list: