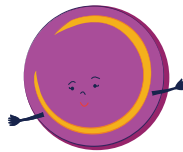




Take your **healthy habits** on a summer adventure. Explore Oklahoma and be sure your kids get their **60 minutes** of physical activity every day.

**Start today, and see how many you can check off:**

- SHOOT SOME HOOPS
- WASH YOUR CAR
- VISIT THE ZOO
- HAVE A WATER BALLOON FIGHT
- VISIT YOUR LOCAL PARKS
- PLANT A GARDEN
- MAKE A SPLASH AT YOUR LOCAL POOL
- EXPLORE A MUSEUM
- TOSS A FRISBEE
- GO ON A HIKE
- SPEND A DAY AT THE LAKE
- PLAY IN THE SPRINKLER
- GO ON A BIKE RIDE
- HAVE A HEALTHY PICNIC
- CREATE YOUR OWN ADVENTURE:  
\_\_\_\_\_



Share your summer adventures online!  
Take pics, and tag them with #ShapeFutureOK



For a complete list of summer activities, visit  
**ShapeYourFutureOK.com**

