



# YMCA OF METROPOLITAN LOS ANGELES

## 7 Day Family Challenge

### Healthy Kids Week 2021

<b>Sunday</b>	<b>VISIT A FARMER'S MARKET</b>
<b>Monday</b>	<b>HAVE A THEMED FAMILY DINNER NIGHT OR MAKE A MEAL TOGETHER AT HOME</b>
<b>Tuesday</b>	<b>TURN THE MUSIC UP ON TUESDAY AND FILM A FAMILY DANCE! WHO KNOWS; YOUR DANCE MIGHT GO VIRAL!</b>
<b>Wednesday</b>	<b>WASH THE CAR WEDNESDAY! GET OUT IN THE SUN AND WASH THE FAMILY CAR TOGETHER</b>
<b>Thursday</b>	<b>GO OLD SCHOOL! SCHEDULE A TECHNOLOGY FREE TWO-HOURS AND PLAY YOUR FAVORITE CHILDHOOD BOARD GAMES</b>
<b>Friday</b>	<b>TAKE A FAMILY HIKE OR WALK AROUND YOUR NEIGHBORHOOD</b>
<b>Saturday</b>	<b>Visit a YMCA Branch Online or In-Person Healthy Kids Week Event</b> Learning more and find a YMCA event at <a href="http://www.ymcala.org">www.ymcala.org</a>

**Use the Hashtag #ymcaLAHKW  
to share your family moments on social media**