



## Personal Fitness

Taking care of your body with healthy food, exercise and other physical activity promotes strong muscles and bones as well as healthy skin, and improved heart, lung and brain health. And, personal fitness can help lower stress. We've built an entire day filled with fun ways to personal fitness.



### Fun with a DIY Frisbee

Did you know that Ultimate Frisbee is a real sport? If you wanna get started on your Ultimate Frisbee career or are looking for a fun craft, learn how to make your own frisbee with Camp Counselor Grace Callwood in this [Camp Happy D.I.Y. Guide](#) using only four materials!



### Daily Water Tracker

Did you know that our bodies are made up of about 60% water? Yet, we need to drink lots of water a day to keep ourselves hydrated. Water is important for healthy skin, hair and nails, and for regulating our body temperature, heart rate and blood pressure. Print off this water log or make one like it to track your daily water intake.



### Fruit Pizza

Although the classic doughy, tomato sauced, cheesy pizza we know and love is a fan favorite, there's a healthy version that is easier to make and has fewer calories! It's delicious as a main course or as a dessert! Look at this [3-step snack](#) tip sheet prepared by Camp Happy Creator and Counselor Grace Callwood on how to make a fruit pizza to stay happy and healthy.



### Sports Activity Booklet

For this activity, it's okay if you've never played a sport! Learn about some of the most popular sports out there like basketball, football and many [more in this activity booklet](#) made by Camp Happy Counselor Jai Kukreja.



### Journal Entry

Take note of all your calories in this journal entry and draw a replica of your frisbee from the last activity.

