

**Complete the following activities  
over the course of 10 Weeks  
to earn a Badge**

**Check as you complete below:**

**Level 1– Fit Camper Badge**

- Complete 1 camp activity per week (30 minutes/week x 10 weeks)
- Attend 1 Day Camp Event
- Complete 1 community service event

List event here : \_\_\_\_\_

**Level 2– Healthy Camper Badge**

- Complete Fit Camper Badge activities plus:
- Complete 2 hours of additional camp activity per week x 10 weeks
- Attend 1 additional Day Camp Event (2 Total over 10 weeks)
- Complete 1 additional community service event

List event here: \_\_\_\_\_

**Level 3-Giving Camper Badge**

- Complete Fit Camper Badge and Healthy Camper activities plus:
- Complete 30 additional minutes of camp activity per week x 10 weeks
- Attend 1 additional Day Camp Event (3 Total over 10 weeks)
- Complete 1 additional community service event

List event here: \_\_\_\_\_

Join the Juniata College Wellness Committee for the CAMPus Fit AMPED summer fitness challenge!

Here's how it works! Over the course of 10 weeks, campers will complete camp activities at varying levels to earn badges. At each level, you will earn a badge and **one chance** to win a grand prize. If you complete 3 levels, you will receive 3 chances. In addition, each camper will earn a participation prize.

(Please note: Your camp activity should be one that enhances or maintains physical fitness and overall health and wellness, including strengthening muscles your cardiovascular system).

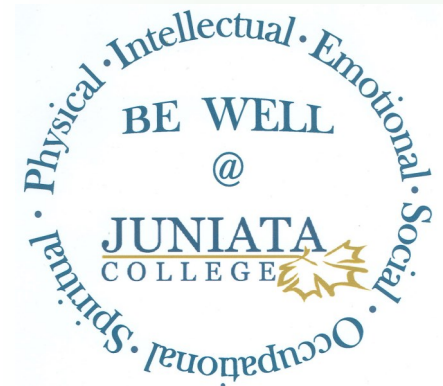
The Wellness Committee is Sponsoring four day camp events to coincide with the challenge.

*\*Activity tracking logs available by request\**

**CAMPus Fit AMPED will run June 5th through August 13th.**



NAME: \_\_\_\_\_



*Sponsored by the Wellness Committee*

## Camp Activities

Here are some of the activities you may choose to participate in over the course of CAMPus Fit AMPED. **YOU select which camp activity suits your interests best!**

- Biking
- Swimming
- 5K Race/Walk
- Hiking
- Attend an Exercise Class
- Kayaking
- Or choose your own favorite camp activity!

*\*We recommend scheduling 30 minutes of camp activity 5 days per week!*

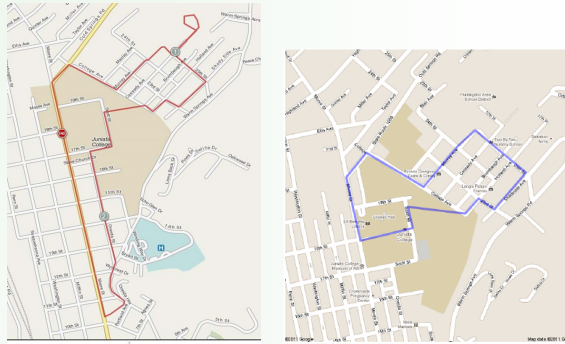
## Community Service Ideas

- Pick up trash in your community
- Give Blood
- Donate to the local food bank
- Or choose your own favorite volunteer activity

## Juniata CAMPus FIT AMPED

### Day Camp Events

- JC 5K/ 1M Run/Walk—National Running Day— June 7 (Rain date June 14)



- Walk to Peace Chapel –July 12th (Rain date July 19th)
- National Dance Day Event —Tuesday, July 25th (Rain date Wednesday, July 26 )
- Walk to the Farmer's Market-August 3rd (Rain Date August 10th)

**\*Must attend three of four** Wellness Committee sponsored Day Camp events over the course of the summer to earn your "Giving Camper Badge," and be entered into a drawing for a chance at the Grand Prize!

## Camp Locations

CAMPus FIT AMPED takes place wherever you are. Here are some ideas of places where you can complete your badge activities.

- Thousand Steps
- Rails to Trails
- Greenwood State Park
- Raystown Lake
- Whipple Dam State Park
- Trough Creek State Park
- Canoe Creek State Park
- Cowan's Gap State Park
- Alan Seeger State Park
- Lake Perez at Stone Valley
- Juniata River
- Peace Chapel
- Detwiler Feld
- Local Golf Courses
- Isett Community Pool
- Walk Huntingdon