You probably intend to be physically active this summer—like the 9 out of 10 students who responded to a recent SH101 survey. But if you're not careful, your fitness can accidentally fall out of the picture.

Student Health 101 (June 2016) can help you turn your summer dreams into an energizing, playful reality. Our customized summer fitness plan will get you thinking about matters of importance, like these:

**WHAT’S NEARBY?**
How can you use that beach, trail, trampoline studio, or vast swath of nothingness?

**HOW MUCH TIME WILL YOU HAVE?**
Chill, scheduled, hectic, variable? Get your active time in your calendar.

**WHAT DO YOU ENJOY?**
Which physical activity has given you a smidgeon of pleasure in the past?

**WHAT DO YOU WANT TO TRY?**
Your paddle boarding moment is coming.

**WHAT MOTIVATES YOU?**
Who or what has ever helped you get off the couch?

For your complete guide to an actively awesome summer, see Student Health 101, June 2016.