





| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|--|
| | <p>1</p> <p>Code Word While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year</p> | <p>2</p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.</p> | <p>3</p> <p>Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p> | <p>4</p> <p>Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p> | <p>5</p> <p>4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p> | <p>6 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p> |
| <p>7</p> <p>Commercial Planks Can you plank during an entire commercial break?</p> | <p>8</p> <p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p> | <p>9</p> <p>High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p> | <p>10</p> <p>Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p> | <p>11</p> <p>Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p> | <p>12</p> <p>Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p> | <p>13 Seated Forward Bend Pose</p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p> |
| <p>14</p> <p>Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.</p> | <p>15 Hands & Knees Balance Pose</p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p> | <p>16</p> <p>Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p> | <p>17</p> <p>Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p> | <p>18</p> <p>Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p> | <p>19</p> <p>Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p> | <p>20</p> <p>7 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p> |
| <p>21 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p>  | <p>22</p> <p>Cardio & Yoga Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching.</p> | <p>23</p> <p>4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p> | <p>24</p> <p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p> | <p>25 Low Lunge Pose</p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> | <p>26</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> | <p>27</p> <p>Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p> |
| <p>28</p> <p>Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p> | <p>29</p> <p>Tea Cup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p> | <p>30</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> | <p>31</p> <p>Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p> | <p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p> | | <p>NATIONAL HEALTH OBSERVANCES National Blood Donor Month</p> |