





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Health Observances <ul style="list-style-type: none"> American Heart Month National Children's Dental Health Month Teen Dating Violence Awareness Month Feb. 2nd National Wear Red Day ♥ = Heart Healthy Activities		1 Cobra Pose Lay down on your stomach and your chest bringing your arms back. 	2 High Skips ♥ Do five sets of 10 high skips. Really lift those arms and knees! Wear red!	3 Tabata ♥ Jump squats 20 seconds of work 10 seconds of rest 8 rounds	
4 How Fast Can You Go? ♥ Pick a distance and see how fast you can run the distance. What's your best time?	5 Leg throws Partner 1 lies on his/her back while partner 2 holds partner one's ankles. Partner 2 will throw partner one's ankles in different directions. Switch after 15 reps.	6 Carioca ♥ Move with your shoulders facing forward. Say to yourself: Side, front, side, back	7 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.	8 Jump Rope ♥ Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.	9 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	10 Puppy Pose Hold for 1-3 minutes breathing deeper into the pose. Rest if needed. 
11 Exercise DVD ♥ Get an exercise DVD or find one on the internet and do it with the whole family.	12 Slide, Slide, Sprint ♥ Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.	13 Leg Day ♥ 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Stretch	14 Frog Pose Hold this pose for 30-60 seconds. 	15 Crazy 8's ♥ 8 jumping jacks 8 tuck jumps 8 high knees 8 scissor jumps	16 Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	17 Handstands Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.
18 Jump, Jump ♥ Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice and try to beat your score!	19 How long can you go? ♥ On a treadmill or outside test your cardio endurance and see how long you can run without stopping. Stretch when done.	20 Tabata ♥ Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds	21 Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.	22 Cardio and Stretch ♥ Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.	23 How Fast Can You Go? ♥ Remember your distance from earlier this month? Run it again and try to beat your time.	24 Commercial Break During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?
25 Kick City ♥ 20 side kicks 20 front kicks 20 back kicks	26 Just Dance ♥ Put your favorite song on and make up a dance to it!	27 4 for 10 ♥ 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	28 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<p><i>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!</i></p>		