






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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.</b></p>		<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>• Fruit and Veggies – More Matters Month</li> <li>• National Childhood Obesity Awareness Month</li> <li>• National Yoga Awareness Month</li> <li>• Whole Grains Month</li> </ul> <p>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>			<p>1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 	<p>2 <b>Commercial Stroll</b> 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>3 <b>Underhand Toss Target Practice</b> Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>4 <b>Balloon Bounce</b> Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>5 <b>High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>6 <b>Play Simon Says</b> Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p>7 <b>Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>8 <b>Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>9 <b>Seated Forward Bend Pose</b></p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>10 <b>Locomotor Sidewalk</b> Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>11 <b>Hands &amp; Knees Balance Pose</b></p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>12 <b>Long Jump</b> Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>13 <b>Army Crawl</b> 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>14 <b>Do this:</b> -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>15 <b>Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>16 <b>Play Catch</b> Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p>
<p>17 <b>Family Adventure</b> Go for a walk with your family on a trail you've never traveled before</p>	<p>18 <b>Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose.</p>	<p>19 <b>Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>20 <b>Parachute</b> With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>21 <b>Low Lunge Pose</b></p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>22 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>23 <b>Create a Game</b> Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>
<p>24 <b>Family Health and Fitness Day</b> After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p>	<p>25 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>26 <b>Vertical Jump</b> Jump as high as you can for 30 seconds. Repeat.</p>	<p>27 <b>Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>28 <b>Arm and Leg Tag</b> A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.</p>	<p>29 Try Savasana again. Fully relax &amp; clear your mind.</p> 	<p>30 Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>