






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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.</p>		<p>National Health Observances:</p> <ul style="list-style-type: none"> • Fruit and Veggies – More Matters Month • National Childhood Obesity Awareness Month • National Yoga Awareness Month • Whole Grains Month <p>Yoga Images from www.forteyoga.com</p>			<p>1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p> 	<p>2 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>3 Do this: 5 walking lunges 5 jumping split squats 5 jump squats 3x</p>	<p>4 10 Push Up Crawls Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.</p>	<p>5 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>6 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>7 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>8 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>9 Seated Forward Bend Pose</p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>10 High Knee Twist Alternate bringing your opposite knee to your opposite elbow. To make it harder add a hop in between.</p>	<p>11 Hands & Knees Balance Pose</p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>12 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>13 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>14 Do this: -10 lunges, switch legs -20 jumping jacks -High knees 30 second -Backpedal 10 second -Sprint for 10 seconds</p>	<p>15 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>16 Play Catch 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 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p>18 Cardio and Stretch 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 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>20 Bench Jumps Holding each side of a bench, jump over the bench side to side for 30 seconds.</p>	<p>21 Low Lunge Pose</p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>22 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>23 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>
<p>24 Family Health and Fitness Day 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 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>27 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>28 Kick Backs Lean against a wall and kick one leg back. Complete 20 on each side.</p>	<p>29 Try Savasana again. Fully relax & clear your mind.</p> 	<p>30 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>