



# April 2021

## 10 at a Time Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Health Observances</b> <ul style="list-style-type: none"> <li>National Autism Awareness Month</li> <li>National Distracted Driving Awareness Month</li> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul>				1 <b>Yoga</b> is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	2 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	3 <b>Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 
4 <b>4 Walls</b> Face each wall in a room and do 10 reps of each exercise: -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	5 <b>Abs!</b> 10 knee to elbow planks 10 crunches 10 superman poses	6 <b>Walking High Knees</b> Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.	7 <b>World Health Day</b> Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.	8 <b>Shuffle Squat</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	9 <b>Lunge with a Hook</b> Complete a side lunge with a cross-hook punch. Do 10 on each side.	10 <b>Lunch Break Walk</b> During lunch go for a 10 minute walk. Bring friends or colleagues with you.
11 <b>Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. 	12 <b>Tabata</b> Jump squats 20 seconds of work 10 seconds of rest 8 rounds	13 <b>Cardio Day!</b> 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups	14 <b>Wild Arms</b> As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	15 <b>Shoulder Shrugs</b> 10 shoulder shrugs with light weights	16 <b>Chair Dips</b> Complete 10 tricep dips using your chair. Complete for 3 rounds.	17 10 burpees 10 walking lunges 10 leg raises 3 rounds
18 <b>Squat Side Step</b> Squat to mid-level position and step to the right. Repeat to the left side. Complete 10 total.	19 <b>Garland Pose</b>  Practice your balance with this pose!	20 10 Butt Kicks 10 high knees Stretch Repeat	21 <b>Rise and Squat</b> As soon as you wake up do 10 squats.	22 10 tricep dips 10 second seated straddle stretch 10 crunches 10 jump rope reps	23 <b>Chair Pose</b> Hold for 30 seconds, relax then repeat. 	24 <b>Standing Knee Lift</b> Balance on one leg and bring the opposite knee to a 90 degree angle. Extended your knee 10x then switch sides. Repeat 3 rounds.
25 <b>Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	26 <b>Wall Sit</b> Against a wall act as if you are sitting in a chair. Hold for 10 seconds. Can you go longer?	27 <b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	28 <b>Step Jumps</b> Find a step or a bench and jump up and down 10 times for 5 sets. Be careful. Take a break if you need to.	29 Along the sidewalks alternate between skipping, speed walking, and jogging for 10 minutes. 		