

March 2021

10 at a Time Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>2 Grass-Cutters Practice running backwards. Stay low, and stay on the balls of your feet.</p>	<p>3 2 Kicks, Tap Kick one leg forward twice then bend down and tap your toe. Switch to the other side. Repeat 10 times.</p>	<p>4 Walk Down Superman Walk your hands down to your feet and out until you're flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times.</p>	<p>5 5 walking lunges 5 jumping split squats 5 jump squats</p> <p>3 times through</p>	<p>6 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>
<p>7 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>8 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>9 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>10 Step Jumps Find a step or a bench and jump up and down 10 times. Be careful. Take a break if you need to.</p>	<p>11 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>12 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>	<p>13 Happy Baby Pose</p>  <p>Straighten your legs for an added challenge.</p>
<p>14 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p>15 Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when</p>	<p>16 Kick City 10 side kicks 10 front kicks 10 back kicks Talk about why using</p>	<p>17 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>	<p>18 Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</p>	<p>19 Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>	<p>20 Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>
<p>21 Superman's on all 4's Extend your left arm and right leg simultaneously, switch, and repeat for 10 reps.</p>	<p>22 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>23 Reverse Lunge with Hop Do a reverse lunge when bringing your leg back to the start position add a hop and go back into the reverse lunge.</p>	<p>24 Complete 10 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p>25 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p>26 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>27 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>28 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>29 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>30 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>31 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>	<p>National Health Observances</p> <ul style="list-style-type: none"> National Nutrition Month March 5th National Day of Unplugging 		