

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|--|
| <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 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> | <p>3 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p>  | <p>4 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p> | <p>5 Target Practice Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p> | <p>6 Tea Cup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p> | <p>7 World Health Day 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.</p> |
| <p>8 Commercial Break Can you hold a wall sit for an entire TV commercial break?</p> | <p>9 10 Jump Lunges Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p> | <p>10 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p> | <p>11 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p>  | <p>12 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p> | <p>13 Card Fitness Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice</p> | <p>14 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>15 Family Adventure Go for a walk with your family. Vary your speeds sometimes walking a fast and medium pace.</p> | <p>16 Jump rope to music! Can you jump to an entire song without stopping?</p> | <p>17 How Fast Can You Go? Pick a distance and see how fast you can run the distance.</p> | <p>18 Slide, Slide, Sprint Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.</p> | <p>19 Garland Pose Practice your balance with this pose!</p>  | <p>20 Tabata Tuck Jumps 20 seconds of work 10 seconds of rest 8 rounds</p> | <p>21 Commercial Break Can you hold a plank for an entire TV commercial break?</p> |
| <p>22 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p> | <p>23 Chair Pose Hold for 30 seconds, relax then repeat.</p>  | <p>24 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>25 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.</p> | <p>26 Put your favorite song on and make up a dance or fitness routine!</p> | <p>27 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p> | <p>28 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p> |
| <p>29 Along the sidewalks alternate between skipping, speed walking, and jogging.</p> | <p>30 Try Savasana again. Use this to relax and wind down all year!</p>  | <p>National Health Observances</p> <ul style="list-style-type: none"> National Autism Awareness Month National Distracted Driving Awareness Month Stress Awareness Month April 7: World Health Day | | <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. Happy exercising!</p> <p style="text-align: right;">Yoga photos from www.forteyoga.com</p> | | |