

# Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>NATIONAL HEALTH OBSERVANCES</b> National Child Abuse Prevention Month  National Donate Life Month</p>	<p><b>1 Spring Air</b> Go outside and try to fly a kite!</p>	<p><b>2 Eat A Treat</b> Try a new veggie today!</p>	<p><b>3 Slow or Fast</b> Go for a walk or jog. Try for 30 minutes. 45 minutes?</p>	<p><b>4 Step Jumps</b> Tabata Burpees! 20 second work - 10 second rest. Repeat 4 times</p>	<p><b>5 Stop and Go</b> Alternate 30 second sprints with 30 second rest for 10 minutes!</p>	<p><b>6 Left and Right</b> In a plank position, place a beanbag or a tennis size ball between hands and alternate touching right and left hand. Can you go for 30 secs? 45 secs?</p>
<p><b>7 Strive for Seven</b> Plan your meals for the week to include seven different veggies.</p>	<p><b>8 Stay Hydrated</b> Drink 7-10 glasses of water every day!.</p>	<p><b>9 Imagine</b> Use an imaginary jump rope and jump for 10 minutes, rest for 1 minute, go for another 10 minutes. Do this 3 times.</p>	<p><b>10 Stay Alert</b> Avoid caffeine today!</p>	<p><b>11 Push Up</b> Tabata Push Ups! 20 second work - 10 second rest. Repeat 4 times</p>	<p><b>12 Explore</b> Go Play! Check out fun activities in your town or city and try one! Put-put golf, skating rink, bowling center, trampoline park, climbing center, what else?</p>	<p><b>13 30 X 3</b> 30 seconds jump rope, 30 seconds jumping jacks, 30 seconds high knees. Repeat 3 times</p>
<p><b>14 Wall Strength</b> Find a stable wall and do 3 one-minute wall seats.</p>	<p><b>15 Work All Day</b> Do 6 knee pushups, 3 toe pushups, Repeat 3 times during day</p>	<p><b>16 Sweet 16!</b> 16 squats, 16 push ups, 16 curl ups, repeat 4 times.</p>	<p><b>17 Move to Music</b> Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>18 2 to 1</b> Tabata Jump Squats! 20 second work - 10 second rest. Repeat 4 times</p>	<p><b>19 Be Flexible</b> Do at least 45 minutes of Yoga today!</p>	<p><b>20 Go Outside</b> Find a walking trail and go walk or bike for 60 minutes.</p>
<p><b>21 Stretch It Out</b> Stretch for 15 minutes.</p>	<p><b>22 Wake and Walk</b> Set your alarm clock 30 minutes early today and go for an early morning walk before school!</p>	<p><b>23 Rise and Eat</b> Start your day with a healthy mix of protein and carbs.</p>	<p><b>24 Partner Toss</b> Go outside and throw a frisbee with a friend or family member.</p>	<p><b>25 Knees Up</b> Tabata High Knees! 20 second work 10 second rest.</p>	<p><b>26 Turn Off</b> Limit your recreation screen time to one hour today.</p>	<p><b>27 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>
<p><b>28 Rise and Stretch</b> Wake up 15 minutes early with a morning stretch session.</p>	<p><b>29 Walk &amp; Talk</b> Take a 30 minute walk with a friend. Share with them how you have been including healthy choices in your lifestyle this month.</p>	<p><b>30 Self Care</b> Tell 5 different people thank you and include yourself for taking care of your body.</p>			<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>	