<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **NATIONAL HEALTH OBSERVANCES**
National Blood Donor Month
Yoga images from www.forteyoga.com | 1 Code Words
While watching TV any time you hear the code word complete 10 jumping jacks. Code word: new year | 2 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times. | 3 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. | 4 Step Jumps
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | 5 4 for 10
10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold |
| 6 Paper Plate Planks
In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest | 7 Commercial Planks
Can you plank during an entire commercial break? | 8 Core Challenge
Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest! | 9 High Knees & Stretch
High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time. | 10 Shuttle Run
Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time. | 11 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. |
| 13 Seated Forward Bend Pose
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need | 14 Exercise DVD
Get an exercise DVD or find one on the internet and do it with the whole family. | 15 Hands & Knees Balance Pose
Hold for 30-60 seconds, switch sides and repeat. | 16 Long Jump
Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go. | 17 Army Crawl
Lay on your stomach and do it with the whole family. | 18 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 |
| 20 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! | 21 Mummy Kicks
Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. | 22 Cardio & Yoga
Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching. | 23 4 for 10
10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold | 24 Core Challenge
Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest! | 25 Low Lunge Pose
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. |
| 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 | 28 Dance, Dance
Put on your favorite song or turn on the radio. Dance however you like during the entire song! | 29 Tea Cup Tip-ups
Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. | 30 Star Jumps
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | 31 Shoulder Shrugs
Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times. | 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! |