

Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. <u>Code word:</u> 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.	12 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.
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 resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	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	19 Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds
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. 	26 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest 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.	<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>	