

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NATIONAL HEALTH OBSERVANCES National Blood Donor Month Yoga images from www.forteyoga.com		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!		1 Code Words While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year	2 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.	3 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	4 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold
5 Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?	6 Commercial Planks Can you plank during an entire commercial break?	7 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	8 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	9 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	10 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.	11 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.	
12 Seated Forward Bend Pose Hold for 1-3 minutes  breathing deeply going deeper into the pose. Rest if need	13 Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.	14 Hands & Knees Balance Pose Hold for 30-60 seconds, switch sides and repeat. 	15 Recharge Avoid using technology two hours before bed. Did you sleep better?	16 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.	17 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	18 Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds	
19 Sunday Prep Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week	20 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	21 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.	22 Declutter Clean up your locker, desk or room. Having an organized space can make you feel better.	23 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	24 Low Lunge Pose Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. 	25 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	
26 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	27 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	28 Tea Cup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	29 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	30 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	31 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times		