

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>National Health Observances:</b>                      -Children's Eye Health &amp; Safety Month                      -National Immunization Awareness Month</p>		<p>1 <b>Happy Baby Pose</b></p>  <p>Straighten your legs for an added challenge.</p>	<p>2 <b>Kick City</b>                      10 side kicks                      10 front kicks                      10 back kicks</p> <p>Be sure to do 10 on each side!</p>	<p>3 <b>Star Jumps</b>                      Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>4 <b>A Quarter's Worth</b>                      How much is a quarter worth? Complete 25 of the following:                      Skip                      Jump                      Lift Knees                      Walk backwards</p>	<p>5 <b>Step Ups</b>                      Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10 take a break and do 10 more.</p>
<p>6 <b>4 Walls</b>                      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>7 <b>Mummy Kicks</b>                      Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 	<p>8 <b>Wild Arms</b>                      As fast as you can complete:                      10 Arm Circles front &amp; back                      10 Forward punches                      10 Raise the Roof's                      Repeat 3x</p>	<p>9 <b>Sidewalk Chalk Balance</b>                      Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>10 <b>Bear Walk</b>                      With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>11 <b>Crazy 8's</b>                      8 jumping jacks                      8 silly shakes (just shake as silly as you can)                      8 high knees                      8 scissor jumps</p>	<p>12 Try this mini dance workout:                      8 bent knee bounces                      8 step touches                      4 walk to the right &amp; clap                      4 walk to the left clap                      8 jumps                      Repeat                      Suggested song: "Can't stop the Feeling" by Justin Timberlake</p>
<p>13 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>14 Try this mini dance workout:                      8 jumping fist pumps                      4 grapevine to the right                      4 grapevine to the left                      8 jumping fist pumps                      Repeat                      Suggested song: "Party Rock" by LMFAO</p>	<p>15 <b>Long Jump</b>                      Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>16 <b>Side to Side Jumps</b>                      Jump side to side over an imaginary line. Do as many as you can for 20 seconds rest for 10 seconds and repeat.</p>	<p>17 <b>Skaters</b>                      Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>18 <b>Yogi Squat Pose</b></p>  <p>Hold for 30 seconds rest and repeat.</p>	<p>19 <b>Play Catch</b>                      Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p>
<p>20 Just get out and play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>21 <b>Cardio and Stretch</b>                      Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Yogi Squat post.</p>	<p>22 <b>Crab Walk</b>                      Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p>23 <b>Toe Fencing</b>                      With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>24 <b>Crazy 8's</b>                      8 jumping jacks                      8 silly shakes (just shake as silly as you can)                      8 high knees                      8 scissor jumps</p>	<p>25 <b>Star Jumps</b>                      Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>27 <b>I, Spy Walk</b>                      Go for a walk with your family while playing a game of I, Spy.</p>
<p>27 <b>Wake and Shake</b>                      As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>28 <b>Half Lord of the Fishes Pose</b></p>  <p>Hold for 30 seconds &amp; switch sides.</p>	<p>29 <b>Vertical Jump</b>                      Jump as high as you can for 30 seconds. Repeat.</p>	<p>30 <b>Locomotor Sidewalk</b>                      Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>31 Try this mini dance workout:                      8 jumping fist pumps                      4 grapevine to the right                      4 grapevine to the left                      8 jumping fist pumps                      Repeat                      Suggested song: "Party Rock" by LMFAO</p>	<p><b>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!</b></p>	