

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>National Health Observances:</b>                      -Children's Eye Health &amp; Safety Month Awareness Month                      - National Immunization</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>Tabata</b>                      Jump squats                      20 seconds of work                      10 seconds of rest                      8 rounds</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>Playground Workout</b>                      Placing your feet in a swing do the following:                      10 Decline Push-ups                      10/leg Bulgarian Split Squat                      10 Plank Tucks</p>	<p>9 <b>Bleachers</b>                      Go to your local high school's bleachers and jog up and down them. How many times can you go without stopping?                      No bleachers? Use stairs or jog up a hill.</p>	<p>10 <b>Standing Core Rotations</b>                      Stand back to back with a friend and make circles passing a medicine ball. Have each partner pass and receive the ball 20 times.</p>	<p>11 <b>Crazy 8's</b>                      8 jumping jacks                      8 star jumps                      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 <b>Go Outside</b>                      Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.</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 Wake up and go for a jog before it gets too hot today! Try walking for 5 minutes then pick a pace you won't need to stop jogging, followed by a nice stretch.</p>
<p>20 <b>Tabata</b>                      Mountain climbers                      20 seconds of work                      10 seconds of rest                      8 rounds</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>Shuffle Squat</b>                      Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>23 <b>Hit the Track</b>                      Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>	<p>24 <b>Crazy 8's</b>                      8 jumping jacks                      8 star jumps                      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>26 <b>Exercise DVD</b>                      Get an exercise DVD or find one on the internet and do it with the whole family.</p>
<p>27 <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>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>Cardio &amp; Yoga</b>                      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.</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> <p>Yoga Images from <a href="http://www.fortevoga.com">www.fortevoga.com</a></p>	