

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>		<p>This month think about all the activities you did throughout the year. How will you stay active over the summer break?</p> <p>Yoga pictures from www.forteyoga.com</p>		<p>1 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>2 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>3 Yogi Squat Pose</p>  <p>Hold for 30 seconds rest and repeat.</p>
<p>4 Handstands Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.</p>	<p>5 Boat Pose Hold Boat Pose three times for 15 seconds.</p> 	<p>6 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>7 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>8 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>9 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>10 Go Outside Spend time outside with family or friends today. Leave the cell phones at home and go for a walk. Be sure to wear sunscreen any time you're outside!</p>
<p>11 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>	<p>12 Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p>13 Put your favorite song on and make up a dance or fitness routine!</p>	<p>14 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>15 Yogi Squat Pose</p>  <p>Hold for 30 seconds rest and repeat.</p>	<p>16 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>17 Swimming at the pool today. Have fun with friends and family swimming in the pool.</p>
<p>18 Wake up, enjoy the sunrise 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>19 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 	<p>20 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>21 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>22 Put your favorite song on and make up a dance or fitness routine!</p>	<p>23 Hit the Track Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>	<p>24 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 
<p>25 Play outside and run through the sprinkler today!</p>	<p>26 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>27 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>28 4 Walls 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>29 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>30 Happy Baby Pose</p>  <p>Straighten your legs for an added challenge.</p>	