

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances - National Nutrition Month - March 6-10: National School Breakfast Week	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 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.	2 Grass-Cutters Practice running backwards. Stay low, and stay on the balls of your feet.	3 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.	4 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?
5 5 walking lunges 5 jumping split squats 5 jump squats 3 times through	6 National School Breakfast Week begins! Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.	7 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups	8 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	9 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side. 	10 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	11 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times
12 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	13 Happy Baby Pose  Straighten your legs for an added challenge.	14 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	15 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.	16 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> green, St. Patrick's Day, lucky, leprechaun	18 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around
19 Try and sprint from one end of your street to the other. Have a family member time you.	20 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car	21 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!	22 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!	23 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!	24 Complete 25 of the following: High Skip Squat Jumps High Knees Walk backwards	25 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.
26 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups	27 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	28 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.	29 Vertical Jump Jump as high as you can for 30 seconds. Repeat.	30 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat. 	31 Pick your favorite activity from this month and do it again!	