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| **National Health Observances:** | **1 Shoulder Shrugs**  
Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times. | **2 Crab Walk**  
Try crab walking around your living room. Gather family members or friends and have a race. | **3 Walking**  
Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions | **4 Side to Side Jumps**  
Stand on the side of a small object. Face forward and jump back and forth as many times as you can. Try and beat your score! | **5 Jumping Beans**  
Be creative and see how many different ways you can jump rope.  
Teach a friend. |
| *American Diabetes Month* | *Hula Hoops*  
Grab a friend and a hula hoop and see who can hula hoop the longest | **8 Cow Pose**  
On all fours arch your back with your head looking up while your tummy is pushed toward the ground. | **9 Scavenger Hunt**  
Split into two teams; make a list of 20 things related to winter and race to see which team can find them first. | **10 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! | **11 Crawl Like a Seal**  
Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight. |
| *Lung Cancer Awareness Month* | **13 Carioca**  
Move with your shoulders facing forward. Say to yourself: Side, front, side, back | **14 Wheel Barrow Race**  
Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful. | **16 Underhand Toss Target Practice**  
Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back. | **17 Balloon Bounce**  
Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner. | **18 Create a Game**  
Use your imagination and make up a game using a ball, a sock, and a jump rope. |
| **6 Stairs**  
Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge. | **7 Jump rope to music!**  
Can you jump to an entire song without stopping? | **15 See how many times you can run around the outside of your house without stopping. Check your pulse when done.** | **20 Hula Hoops**  
Grab a friend and a hula hoop and see who can hula hoop the longest | **23 Just play!**  
Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you! | **19 Side to Side Jumps**  
Stand on the side of a small object. Face forward and jump back and forth as many times as you can. Try and beat your score! |
| **11** | **12** | **21 Cow-Cat Pose**  
Try your cow and cat yoga poses together. | **22 Bicycles**  
Lie on your back and move your legs like you’re riding a bicycle to strengthen your stomach muscles. | **24 Freeze Dance**  
Have someone start and stop music. When the music is on dance, when it’s off strike a crazy pose. | **25 High Knees & Stretch**  
High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time. |
| **22** | **24** | **28 Rock Paper Scissors Tag**  
Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team. | **29 Target Practice**  
Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back! | **30 Band Aid Tag**  
When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed. | **26 Clap and Catch**  
Throw a soft object up into the air. See how many times you can clap before you catch it. |

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!