

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.</p>		<p>National Health Observances:</p> <ul style="list-style-type: none"> Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month <p>Whole Grains Month</p>			<p>1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p> 	<p>2 Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>
<p>3 Do this: 10 walking lunges 10 jumping split squats 10 jump squats 3x</p>	<p>4 10 Push Up Crawls Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.</p>	<p>5 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>6 Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p>7 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Complete 10 rest and repeat.</p>	<p>8 Start with 10 high knees then immediately sprint for 10 seconds. Take a 30-60 second break and try it again. How many rounds can you do?</p>	<p>9 Seated Forward Bend Pose</p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>10 10 High Knee Twist Alternate bringing your opposite knee to your opposite elbow. To make it harder add a hop in between.</p>	<p>11 Hands & Knees Balance Pose</p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>12 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>	<p>13 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>14 Do this: -10 lunges, switch legs -20 jumping jacks -High knees 30 second -Backpedal 10 second -Sprint for 10 seconds</p>	<p>15 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>16 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>
<p>17 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p>18 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose.</p>	<p>19 Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>	<p>20 Bench Jumps Holding each side of a bench, jump over the bench side to side for 30 seconds.</p>	<p>21 Low Lunge Pose</p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>22 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>23 Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>
<p>24 Family Health and Fitness Day After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p>	<p>25 Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</p>	<p>26 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p>27 Take a 10 minute walk before eating lunch today. Grab a friend or family member for extra motivation.</p>	<p>28 Kick Backs Lean against a wall and kick one leg back. Complete 20 on each side.</p>	<p>29 Try Savasana again. Fully relax & clear your mind.</p> 	<p>30 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>