


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> Safe Toys and Gifts Month <p>Yoga Images from www.forteyoga.com</p>	<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>			1 Yoga Teaching Learn a new yoga pose and teach it to a friend or family member.	2 Vision Board Create a vision board out of old magazines, a glue stick, markers, pens, and scissors. Or if computers are your thing go virtual! Save a tree.	3 Push-Up Challenge Start a stopwatch and do 5 push-ups (vary the number of push-ups according to your ability). At the start of every minute do 5 push-ups. Stop after 10 minutes.
4 Life Saver Learn about safety and First Aid tips that could save a life.	5 Dance Off! Teach someone older than you a current dance move! Now switch places! Let someone older than you teach you an older dance move!	6 Goals! Write a list of 5 fitness and nutrition goals you want to accomplish this year.	7 Something New Pick a new sport to try out this school year! If it's not in season start watching and learning from books, videos, or get out there and practice.	8 Food Log In a log book, write down all meals /snacks that you eat each day for a week. Are you eating healthy? What can you change about your eating habits?	9 Bike Safety Time to get your bike safety equipment checked. Have a professional check your reflectors, brakes and helmet.	10 Teacher Time Teach a family member 1 interesting activity they didn't know.
11 Cardio Fitness Challenge yourself to walk or run 15+ miles a week. set targets to achieve the goal.	12 Food Picasso Find a meal you want to create and ask an adult to help you cook it.	13 Dance Time! Make a tic tok video (dance) to share with school.	14 Stress Management Techniques -Take a 10 minute walk -Practice mindfulness -create an exercise program -write a reflection journal -Organize yourself	15 Walking Math Count your school steps as you walk from class to class. Calculate how many miles you walk throughout your day at school.	16 Meal Time Share with the class a healthy meal that you have prepared for your family.	17 RHR After a relaxation period, take your resting heart rate, compare it to the national average and reflect on your RHR compared the national average.
18 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves. 	19 Friendly Game Play a game of football, basketball, ping-pong, racquetball, or volleyball with some friends!	20 Thankfulness Take a moment to be thankful for things in your life, base the number on your age. Ex. Age 12=12 things you are thankful for.	21 Arms Day 20 triceps dips 15 push-ups 10 wide-arm push-ups 5 diamond push-ups Repeat 4 times	22 Hydration Being dehydrated reduces exercise performance. Make sure you hydrate for peak performance during a workout.	23 Jumping Lunges Really lift those arms and explode off the ground! Repeat three times for 30 seconds. Try and beat your best score!	24 Side Plank Competition See which family member can hold a side plank the longest. Do both sides.
25 Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.	26 Parking Challenge Any time you ride in a car today, park as far away as possible from your destination. Get some extra walking steps in!	27 Code Word Select a code word. While watching TV, any time you hear the code word, complete 10 jumping jacks.	28 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	29 Thank You Write a thank you card to a teacher, support staff, and student. In the card, be specific as to how they helped you over the past year accomplish a personal goal.	30 Interval Training Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch!	31 Smile Make it a point to smile at every service worker who helps you.