

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>National Nutrition Month</li> <li>4<sup>th</sup> – 5<sup>th</sup> National Day of Unplugging (sundown-to-sundown)</li> <li>13th - National Good Samaritan Day</li> </ul> <p>Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>		<p><b>1 March Madness!</b> It's March Madness NCAA Basketball season. Meet up with a few friends to shoot some hoops.</p>	<p><b>2 Try Something New</b> What is a physical activity you've been wanting to try or go do? Make a plan today and go for it.</p>	<p><b>3 Early Bird</b> How has your sleep been lately? Get to bed 30 minutes earlier than normal today.</p>	<p><b>4 Helping Hand</b> What is one way you can help someone today? <b>National Day of Unplugging (starts at sundown)</b></p>	<p><b>5 Cardio Fitness</b> Go do something to get your heart rate up for 10 minutes. <b>National Day of Unplugging (ends at sundown)</b></p>
<p><b>6 Know Your Diet</b> Use a food app to log your food for the day. How much protein are you getting?</p>	<p><b>7 Web Search</b> Find a new dance trend video and practice it.</p>	<p><b>8 Think +</b> Choose a Positive Affirmation to say to yourself throughout the day. Ex: "I am strong." "I am talented."</p>	<p><b>9 Laundry Basket</b> Use a laundry basket and a ball of socks to see how many shots you can make in 1 minute.</p>	<p><b>10 Throwback Thursday</b> What is an activity you haven't done in a while? Find a way to go do it.</p>	<p><b>11 Relaxing Reading</b> Find a good read and end your day with 15 minutes of reading to help you get to bed in a relaxed state.</p>	<p><b>12 Friendly Text</b> Text 3 friends an encouraging note to wish them a wonderful day</p>
<p><b>13 Muscle Fit!</b> Muscle Strength Fitness Focus: Do 4 rounds of 10 Squat Jumps, 10 Pushups, and 10 Squats.  <b>National Good Samaritan Day</b></p>	<p><b>14 Green Day</b> Try to focus on getting more vegetables today.</p>	<p><b>15 Dance Teacher</b> Teach someone a dance or practice a favorite dance with a buddy.</p>	<p><b>16 Togetherness</b> Connect with a friend today and go for a walk or find an activity to enjoy together. Focus on just being together.</p>	<p><b>17 Hopscotch</b> Hopscotch your way down the hallway, around the house or yard. Create your own patterns.</p>	<p><b>18 PE Teacher</b> Teach someone a physical activity you enjoy doing.</p>	<p><b>19 Take a Deep Breath</b> For a quick pick-me-up, simply take five deep breaths. Slowly inhale for at least 5 seconds and exhale for 10 seconds each time. Your body will thank you for the extra oxygen.</p>
<p><b>20 Muscle Fit 2!</b> Muscle Endurance Fitness Focus: Do 4 rounds of 20 Walking Lunges, 20 Plank Taps, 20 Jumping Jacks.</p>	<p><b>21 Healthy Sub.</b> Decide on one healthy food substitute you can make and try it out for today.</p>	<p><b>22 Dance, Dance</b> Crank it up and dance it out for 2 songs!</p>	<p><b>23 Tech Break</b> For a few minutes, give your eyes and mind a rest by doing without your computer and cell phone</p>	<p><b>24 Create a House Basketball Game!</b> Make a balled up pair of socks and use any item as your hoop (box, basket or chair).</p>	<p><b>25 Yoga!</b> Find a 10 minute yoga video and take a yoga break today.</p>	<p><b>26 Encourage someone</b> - Isn't it interesting how you always seem to feel better after helping someone else feel better? Call a friend or write a few kind words in a card or even a text.</p>
<p><b>27 Gratitude List</b> Take a minute to jot down everything you are thankful for at that moment</p>	<p><b>28 Stair Dance</b> Dance up and down the stairs to a favorite song and see what fun you can create.</p>	<p><b>29 Flexibility Fit</b> Find a yoga or Pilates video or stretch out for 10 minutes. </p>	<p><b>30 Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p><b>31 Hit the Track</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p><b>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!</b></p>	