





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>Code Word</b> While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year</p>	<p>2</p> <p><b>Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>3</p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute.  Repeat 6-8 times.</p>	<p>4</p> <p><b>Balance</b> Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>	<p>5</p> <p><b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>6</p> <p><b>4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>7 <b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>
<p>8</p> <p><b>Commercial Planks</b> Can you plank during an entire commercial break?</p>	<p>9</p> <p><b>Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>10</p> <p><b>High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>11</p> <p><b>Shuttle Run</b> Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>12</p> <p><b>Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>13</p> <p><b>Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>14 <b>Seated Forward Bend Pose</b></p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>15</p> <p><b>Exercise DVD</b> Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p>16 <b>Hands &amp; Knees Balance Pose</b></p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>17</p> <p><b>Long Jump</b> Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>18</p> <p><b>Army Crawl</b> 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>19</p> <p><b>Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>20</p> <p><b>Tabata</b> Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>21</p> <p><b>7 Commercial Stroll</b> 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!</p>
<p>22 <b>Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 	<p>23</p> <p><b>Cardio &amp; Yoga</b> Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching.</p>	<p>24</p> <p><b>4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>25</p> <p><b>Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>26 <b>Low Lunge Pose</b></p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>27</p> <p><b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>28</p> <p><b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>
<p>29</p> <p><b>Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>30</p> <p><b>Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>31</p> <p><b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</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>		<p><b>NATIONAL HEALTH OBSERVANCES</b>  National Blood Donor Month</p>	