





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute.</p> <p>Repeat 6-8 times</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. Happy exercising!</p>		<p>NATIONAL HEALTH OBSERVANCES National Blood Donor Month</p> <p>Yoga images from www.forteyoga.com</p>		<p>1 Code Words</p> <p>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>Ask a family member what their favorite physical activity is and join them in movement!</p>
<p>3 Before Bed Breathing</p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>4 Better Breathing</p> <p>can help calm our mind & body. Take a deep breath in through your nose, hold for a four count. Then exhale, out of your mouth for a four count. Repeat.</p>	<p>5</p> <p>Perform each 3 times: 10 Push-Ups 10 Jump Squats 10 Bent Over Rows</p>	<p>6 Seated Forward Bend Pose</p> <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need</p> 	<p>7</p> <p>Create a collage of inspirational quotes/words.</p>	<p>8 Flip a coin</p> <p>Heads: Perform 3 jumping jacks every time you stand up. Tails: Perform 3 standing knees to elbows just before you sit down, all day</p>	<p>9 Shuttle Run</p> <p>Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>
<p>10 Sunday Prep</p> <p>Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week</p>	<p>11 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>12</p> <p>Perform each 3 times: 10 Burpees 10 Walking Lunges 10 Mountain Climbers</p>	<p>13 Low Lunge Pose</p> <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p>14</p> <p>Write personal affirmations.</p>	<p>15 Flip a coin</p> <p>Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping.</p>	<p>16 Army Crawl</p> <p>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>17 Recharge</p> <p>Avoid using technology two hours before bed. Did you sleep better?</p>	<p>18 Music Break</p> <p>Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?</p> <p>Martin Luther King, Jr. Day</p>	<p>19</p> <p>Perform each 3 times: 10 Box Jumps (step-ups) 10 Curl-Ups 10 Bench/Chair Dips Hold a 10 second Plank 10 times</p>	<p>20 Mummy Kicks</p> <p>Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>21 Declutter</p> <p>Clean up your locker, desk or room. Having an organized space can make you feel better.</p>	<p>22 Flip a coin</p> <p>Heads: Perform a wall-sit for 30 seconds, rest, and then again for 20 seconds. Tails: Perform a high plank for 30 seconds, rest, and then again for 20 seconds..</p>	<p>23 Core Challenge</p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>
<p>24 Stay Hydrated</p> <p>Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>25 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>26 Cardio & Yoga</p> <p>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 times</p>	<p>27 Hands & Knees Balance Pose</p> <p>Hold for 30-60 seconds, switch sides and repeat</p> 	<p>28</p> <p>Give a compliment. It only takes one sentence.</p>	<p>29 Flip a coin</p> <p>Heads: Choose one lower body exercise that will help you jump higher. Do it 20 times. Tails: Choose one upper body exercise that will</p>	<p>30 Shoulder Shrugs</p> <p>Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>