



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds	31 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	National Health Observances: -Children's Eye Health & Safety Month -National Immunization Awareness Month		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!		1 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 
2 Kick City 10 side kicks 10 front kicks 10 back kicks Be sure to do 10 on each side!	3 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	4 Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10 take a break and do 10 more.	5 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	6 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.	7 Playground Workout Placing your feet in a swing do the following: 10 Decline Push-ups 10/leg Bulgarian Split Squat 10 Plank Tucks	8 Bleachers Go to your local high school's bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs or jog up a hill.
9 Standing Core Rotations Stand back to back with a friend and make circles passing a medicine ball. Have each partner pass and receive the ball 20 times.	10 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	11 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	12 Go Outside Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.	13 Try this mini dance workout: 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO	14 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.	15 Side to Side Jumps Jump side to side over an imaginary line. Do as many as you can for 20 seconds rest for 10 seconds and repeat.
16 Sunday Prep Do one thing today to help prepare you for the week. Examples: -Pack your bookbag -Check your homework -Pack your lunch -Pick out your clothes for the week	17 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	18 Wake up and go for a jog before it gets too hot today! Try walking for 5 minutes then pick a pace you won't need to stop jogging, followed by a nice stretch.	19 Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds	20 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Yogi Squat post.	21 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	22 Hit the Track Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!
23 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	24 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	25 Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.	26 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	27 Pause for Thanks Stop during the middle of a busy activity to name 5 things you are thankful for.	28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.	29 Cardio & Yoga 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.