

December 2020

Secondary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> • Safe Toys and Gifts Month • 1st – National Day of Giving (#GivingTuesday) <p>Yoga Images from www.forteyoga.com</p>		1 Keep a food journal of everything you eat this month. Eat sweets in moderation!	2 Find a healthy holiday dessert recipe and make it for your family or friends!	3 Muscle Relaxation Laying down, start at your head and squeeze all the muscles in your face. Hold then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body until you get to your toes.	4 Agility Ladder Drills Make a ladder on the ground with tape or chalk. - High knees - In-In-Out-Out - 2 In-2 Over-2 Out Repeat all 5 exercises 5x	5 Hundred Hold Lay on your back and slightly lift your back/shoulders and legs off the ground. Pump your arms vigorously within a 6 inch range. Complete 100 reps twice.
6 Hold your arms out in front of you for a minute, out to the side for a minute, and up by your ears for a minute all without taking a break. Sound easy? Find out for yourself!	7 Exercise Circle Have every member of the family come up with two exercises for everyone to do. Do 20 reps of each exercise. Vary the muscle groups.	8 It's holiday season! Have your kids help you hang up lights and decorations both indoors and outdoors.	9 Thank You Dinner Before eating dinner, say thank you for the food in front of you.	10 Stadiums! Go to your local high school bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs! Hanukkah begins at sundown	11 Arms Day 20 triceps dips 15 push-ups 10 wide-arm push-ups 5 diamond push-ups	12 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?
13 Jump rope as fast as you can for 1 minute, then rest for 1 minute. Repeat 5 times.	14 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!	15 Community Service Go buy a <i>safe</i> toy(s) with your family and donate it. Discuss ways to prevent blindness.	16 Boat Pose Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too! 	17 Side Plank Competition See which family member can hold a side plank the longest. Do both sides.	18 Jumping Lunges Really lift those arms and explode off the ground! Repeat three times for 30 seconds. Try and beat your best score! Hanukkah ends	19 Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?
20 Watch a holiday movie with the family! Do exercises during the commercials (squats, crunches, jumping jacks, push-ups, etc.)	21 Bundle up Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!	22 Take a group fitness class or do a workout video of your choice! Another option is to do step-ups to music for 10 minutes! Get the whole family involved!	23 Dolphin Pose Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds. 	24 Box Drills Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards. Go as fast as you can for 1 minute. Repeat 5 times.	25 A Gratitude Attitude Write down something you're thankful for and why.	26 Happy Day Set the tone of your day with a positive affirmation. Kwanzaa begins
27 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	28 Ball Push-ups Do 10 push-ups with a squishy ball under one hand. Switch hands and repeat.	29 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.	30 Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2021.	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.	