



Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 Squat Challenge</p> <p>Complete 10 sets of 10 squats before the end of the day. Use weights for an added challenge.</p>	<p>31</p> <p>Gather your family together and perform a line dance in the living. Here are some to try: Electric Slide Cha Cha Slide Cupid Shuffle</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.</p>		<p>National Health Observances:</p> <ul style="list-style-type: none"> Safe Toys and Gifts Month <p>Yoga Images from www.forteyoga.com</p>		<p>1 Couch Potato Circuit</p> <p>Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>
<p>2 Toe Touch Kicks</p> <p>Lift your left leg forward and touch your toe then repeat on your right leg.</p>	<p>3 Code Word</p> <p>When you hear the word "Hanukkah" complete 10 jumping jacks.</p>	<p>4</p> <p>At your desk complete the following for 10 seconds each: March in place Toe Touch Kicks Alternating Lunges</p>	<p>5 Cardio/ Agility Circuit</p> <p>Sprint forward 10 steps Side Shuffle Left 10 steps Back Peddle 10 steps Side Shuffle Right 10 steps</p>	<p>6</p> <p>Wall Sit 10 seconds Russian Twist 10 seconds Plank 10 Seconds</p>	<p>7 Jump Rope!</p> <p>Try Single Side Swing and Jump! Twirl the rope to the left side, jump over rope; twirl the rope to the right side, jump over rope. Repeat 10 times.</p>	<p>8</p> <p>10 squat jumps 10 alternating lunges 10 vertical jumps</p> <p>Repeat 3 times</p>
<p>9</p> <p>Gather your family together and perform a line dance in the living. Here are some to try: Electric Slide Cha Cha Slide Cupid Shuffle</p>	<p>10 Inch Worms</p> <p>Stand up & bend at the hips. Walk your hands out until you are in plank position. Walk your feet forward to meet your hands and stand back up. Repeat 10 times.</p>	<p>11 Scissor Jumps</p> <p>Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs.</p> <p>Complete 3 sets of 10</p>	<p>12 10 High Knee Twists</p> <p>Complete normal high knees bringing your right elbow to your left knee and left elbow to your right knee.</p>	<p>13 Walking Knee Hugs</p> <p>Walk forward and alternate hugging each knee every step.</p>	<p>14 Boat Pose</p> <p>Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too!</p> 	<p>15 Bundle up</p> <p>Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!</p>
<p>16 Cardio and Abs!</p> <p>10 burpees 10 frog jumps 10 Russian twists (each side) 10 second plank Repeat!</p>	<p>17</p> <p>Boxer Shuffle 10 seconds 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat</p>	<p>18 10 arm circles (forward and backward) 10 shoulder shrugs (forward and backward) 10 standing trunk rotations (hands on hips or straight out to side).</p>	<p>19</p> <p>10 Squat Kicks 10 High Knee Twists 10 Scissor Jumps</p> <p>Repeat 3 times.</p>	<p>20 Code Word</p> <p>When you hear the word "Christmas" complete 10 jumping jacks.</p>	<p>21 Family Freeze Dance</p> <p>Play your favorite holiday song and have someone stop the music randomly. When the music stops- freeze!</p>	<p>22 Plank Off!</p> <p>Challenge a friend, sibling or parent to a plank off. Who can hold their plank the longest?</p>
<p>23 Dolphin Pose</p> <p>Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds.</p> 	<p>24 Cardio/ Agility Circuit</p> <p>Sprint forward 10 steps Side Shuffle Left 10 steps Back Peddle 10 steps Side Shuffle Right 10 steps</p>	<p>25</p> <p>10 squat jumps 10 alternating lunges 10 vertical jumps</p> <p>Repeat 3 times</p>	<p>26 Couch Potato Circuit</p> <p>Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>	<p>27 10 Squat Kicks</p> <p>Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg.</p>	<p>28</p> <p>10 Broad Jumps 10 High Knees 10 Tuck Jumps Rest 60 seconds and repeat. Don't forget to stretch!</p>	<p>29</p> <p>Sprint for 10 seconds rest for 30 seconds. Repeat.</p> <p>Can you do this 10 times?</p>