

# Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month  Yoga images from <a href="http://www.forteyoga.com">www.forteyoga.com</a>		<b>1 Code Words</b> While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year	<b>2</b> Jump rope as fast as you can for one minute, then rest for 1 minute.  Repeat 6-8 times	<b>3 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.	<b>4 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.	<b>5 4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold
<b>6 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	<b>7 Commercial Planks</b> Can you plank during an entire commercial break?	<b>8 Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<b>9 High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	<b>10 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.	<b>11 Skaters</b> 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.	<b>12 Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.
<b>13 Seated Forward Bend Pose</b> Hold for 1-3 minutes  breathing deeply going deeper into the pose. Rest if need	<b>14 Exercise DVD</b> Get an exercise DVD or find one on the internet and do it with the whole family.	<b>15 Hands &amp; Knees Balance Pose</b> Hold for 30-60 seconds, switch sides and repeat. 	<b>16 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.	<b>17 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.	<b>18 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	<b>19 Tabata</b> Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds
<b>20 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!	<b>21 Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	<b>22 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.	<b>23 4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	<b>24 Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<b>25 Low Lunge Pose</b> Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. 	<b>26 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.
<b>27 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	<b>28 Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!	<b>29 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.	<b>30 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>31 Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	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!	