

Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL HEALTH OBSERVANCES National Blood Donor Month Yoga images from www.forteyoga.com		1 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	2 Walking Bundle up and take a 10 minute walk with a friend or family. Just too cold? Take a walk around your house completing a different exercise in each room.	3 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.	4 Balance 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.	5 Stairs Run up stairs in your house/apartment as fast as you can. Walk down and repeat 10 times. Try skipping a step for a challenge.
6 Walking High Knees Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.	7 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups	8 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	9 Hold for 10 seconds Right Side Plank Left side plank Superman Rest Repeat 10 times	10 Leg Day! 10 squats 10 walking lunges 10 high knees	11 10 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.	12 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.
13 Seated Forward Bend Pose Hold for 1-3 minutes  breathing deeply going deeper into the pose. Rest if need	14 Hold for 10 seconds Right Side Plank Left side plank Superman Rest Repeat 10 times	15 Hands & Knees Balance Pose Hold for 30-60 seconds, switch sides and repeat. 	16 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	17 Hallway Sprint Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!	18 10 front kicks 10 switch lunges 10 squats, on the 10 th squat hold and complete 10 boxing punches.	19 10 Switch Lunges Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.
20 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.	21 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	22 Jumping Jacks Try and complete 10 sets of 10 jacks today.	23 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.	24 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	25 Low Lunge Pose Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. 	26 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.
27 10 front kicks 10 switch lunges 10 squats, on the 10 th squat hold and complete 10 boxing punches.	28 10 Butt Kicks 10 high knees Stretch Repeat	29 High Knees & Stretch 10 high knees 10 second stretch Repeat	30 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	31 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 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!	