

# Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>American Diabetes Month</li> <li>Lung Cancer Awareness Month</li> </ul> <p><b>Extra Halloween candy?</b></p> <ul style="list-style-type: none"> <li>-Check out <a href="#">Operation Gratitude</a> to send a package to troops</li> <li>-Participate in a <a href="#">local candy "buy back"</a></li> </ul>		<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>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>		<p><b>1 Walking</b></p> <p>Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>	<p><b>2 Reverse Lunges to Front Kicks</b></p> <p>Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.</p>	<p><b>3 Balance</b></p> <p>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.</p>
<p><b>4 Stairs</b></p> <p>Run upstairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p><b>5 Walking High Knees</b></p> <p>Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.</p>	<p><b>6 Cow Pose</b></p> <p>On all fours arch your back with your head looking up while your tummy is pushed toward the ground.</p> 	<p><b>7 Cardio Day!</b></p> <p>10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>	<p><b>8 Hold for 10 seconds</b></p> <p>Right Side Plank Left side plank Superman Rest Repeat 10 times</p>	<p><b>9 Leg Day</b></p> <p>20 squats 20 walking lunges 20 high knees</p>	<p><b>10 Cat Pose</b></p> <p>On all fours round your back pulling your spine towards the ceiling while looking at the ground.</p> 
<p><b>11 Shuffle Squat</b></p> <p>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p><b>12 4 for 10</b></p> <p>10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p><b>13 Hallway Sprint</b></p> <p>Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!</p>	<p><b>14</b></p> <p>10 front kicks 10 switch lunges 10 squats, on the 10<sup>th</sup> squat hold and complete 10 boxing punches.</p>	<p><b>15</b></p> <p>10 Butt Kicks 10 high knees Stretch Repeat</p>	<p><b>16 Jumping Jacks</b></p> <p>Try and complete 10 sets of 10 jacks today.</p>	<p><b>17</b></p> <p>Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>
<p><b>18</b></p> <p>10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps</p>	<p><b>19 Cow-Cat Pose</b></p> <p>Try your cow and cat yoga poses together.</p> 	<p><b>20 Core Challenge</b></p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p><b>21 10 Switch Lunges</b></p> <p>Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p>	<p><b>22</b></p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute.</p> <p>Repeat 6-8 times.</p>	<p><b>23 High Knees &amp; Stretch</b></p> <p>High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p><b>24</b></p> <p>10 front kicks 10 switch lunges 10 squats, on the 10<sup>th</sup> squat hold and complete 10 boxing punches.</p>
<p><b>25 Leg Day</b></p> <p>20 squats 20 walking lunges 20 high knees</p>	<p><b>26 Shuttle Run</b></p> <p>Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p><b>27</b></p> <p>10 Butt Kicks 10 high knees Stretch Repeat</p>	<p><b>28 Jump!</b></p> <p>10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p><b>29 Shoulder Shrugs</b></p> <p>Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p><b>30</b></p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute.</p> <p>Repeat 6-8 times.</p>	