

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> Safe Toys and Gifts Month Yoga Images from www.forteyoga.com		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.	1 Hopscotch Hopscotch your way down the hallway, around the house or yard. Create your own patterns.	2 Yoga! Find a 10-minute yoga video and take a yoga break today.	3 Pay It Forward! Find a way to help someone with something today.	4 Just Dance! Look up a Just Dance Game video and follow along for some fun!
5 Take a Deep Breath. For a quick pick-me-up, simply take five deep breaths. Slowly inhale for at least 5 seconds and exhale for 10 seconds each time. Your body will thank you for the extra oxygen.	6 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! Hanukkah ends	7 Food Group Challenge See if you can eat a food from each food group today.	8 Create a House Basketball Game! Take a balled-up pair of socks and use any item as your hoop (box, basket or chair). It's holiday season!	9 Encourage Someone Isn't it interesting how you always seem to feel better after helping someone else feel better? Call a friend or write a few kind words in a card or even a text.	10 Relax! Try a relaxation exercise that focuses on breathing. Find a comfortable position. Breathe in deep for 3 counts, hold for 3 counts, then exhale deeply for 3 counts.	11 Arms Day 20 triceps dips off chair 15 push-ups 10 wide-arm push-ups 5 diamond push-ups If you have any bands, add in some arm moves.
12 Pilates Find a 10-minute Pilates video and take a Pilates break today.	13 Cook a Favorite Recipe! Whether it is a favorite food or baking some cookies, find some time to make a favorite holiday recipe.	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 Watch a Holiday movie with the family! Do a yoga stretch or exercise during commercials (squats, crunches, jumping jacks, push-ups, etc.).	16 Revolved Triangle Pose Hold 30-60 seconds on each side to target hamstrings & shoulders. 	17 Learn a Line Dance Research out a new line dance to learn and teach to others!	18 Holiday Karaoke Put on some favorite holiday tunes, grab a spoon microphone from the kitchen and enjoy a karaoke song and dance with family or friends.
19 Stress Did you know that drinking, smoking, and drug abuse are unproductive ways of relieving stress? Discuss with a friend better ways to relieve stress.	20 Legs Day 10 Air Squats 10 Walking Lunges 10 Side Lunges 10 Bulgarian Split Squats off a bench or chair. Repeat 4 times. Be sure to stretch after.	21 Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?	22 Jump Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	23 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	24 Food Log What are you eating? Track your eating habits to help change any negative eating habits.	25 Cupid Shuffle or Cha Cha Slide Find one of these songs that tells you how to dance and enjoy it with a family member
26 How Fast Can You Go? Pick a distance and see how fast you can run the distance. Kwanzaa begins	27 Frisbee Frisbee is a quick and easy way to move with a friend. How many times can you throw it back and forth without dropping it, and make it more of a workout by asking them to make you run for it.	28 Self-Monitoring for Healthy Living Keep track of your habits (eating, drinking, physical activity or watching TV) using a log/journal. Reflect on your behaviors and set goals.	29 Give Yourself a Time-Out Do a 1-minute meditation. It can be as easy as closing your eyes and breathing deeply.	30 Cardioblast (12 reps) Jumping jacks Burpees Mountain Climbers Jump squats Skaters -Add five more to the list	31 Dance Party! It'll only take about eight songs for you to get your 30 minutes in! Pick your favorites and get moving.	