



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>30 Tabata</b> Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>31 Mindful Minute</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>National Health Observances:</b> -Children's Eye Health &amp; Safety Month  -National Immunization Awareness Month</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. Happy exercising!</p>		<p><b>1 Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 
<p><b>2 Kick City</b> 10 side kicks 10 front kicks 10 back kicks  Be sure to do 10 on each side!</p>	<p><b>3 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>4 Step Ups</b> Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10 take a break and do 10 more.</p>	<p><b>5 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p><b>6 Device Detox</b> Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>	<p><b>7 Playground Workout</b> Placing your feet in a swing do the following: 10 Decline Push-ups 10/leg Bulgarian Split Squat 10 Plank Tucks</p>	<p><b>8 Bleachers</b> Go to your local high school's bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs or jog up a hill.</p>
<p><b>9 Standing Core Rotations</b> Stand back to back with a friend and make circles passing a medicine ball. Have each partner pass and receive the ball 20 times.</p>	<p><b>10 Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p><b>11 Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 	<p><b>12 Go Outside</b> Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.</p>	<p><b>13</b> Try this mini dance workout: 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO</p>	<p><b>14 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.</p>	<p><b>15 Side to Side Jumps</b> Jump side to side over an imaginary line. Do as many as you can for 20 seconds rest for 10 seconds and repeat.</p>
<p><b>16 Sunday Prep</b> Do one thing today to help prepare you for the week. Examples: -Pack your bookbag -Check your homework -Pack your lunch -Pick out your clothes for the week</p>	<p><b>17 Nighttime Note</b> Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.</p>	<p><b>18</b> Wake up and go for a jog before it gets too hot today! Try walking for 5 minutes then pick a pace you won't need to stop jogging, followed by a nice stretch.</p>	<p><b>19 Tabata</b> Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>20 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Yogi Squat post.</p>	<p><b>21 Shuffle Squat</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p><b>22 Hit the Track</b> Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>
<p><b>23 Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p><b>24 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>25 Exercise DVD</b> Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p><b>26 Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p><b>27 Pause for Thanks</b> Stop during the middle of a busy activity to name 5 things you are thankful for.</p>	<p><b>28 Vertical Jump</b> Jump as high as you can for 30 seconds. Repeat.</p>	<p><b>29 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.</p>