

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> National Courtesy Month National Self-Care Awareness Month National Suicide Prevention Month Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month 		<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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>		<p>1 Between the Knees Gather 3 different balls. Starting with the largest try walking around your house keeping it between your knees.</p>	<p>2 Sport Play Play outside for at least 30 minutes a team sport with at least 3 friends.</p>	<p>3 5 Finger Breathing Trace your fingers as you breathe deeply and slowly. Repeat 4x.</p> 
<p>4 Cardio Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>	<p>5 Track Your Water Can you drink 8 or more glasses today?</p>	<p>6 Labor Day Room Dance Challenge Pick a song and dance to it in each room of your house!</p>	<p>7 Discuss Stress How is stress perceived? Should students admit they are worried or stressed? should they discuss with someone or keep emotions to themselves?</p>	<p>8 Half Lord of the Fishes Pose Hold for 30 seconds & switch sides.</p>	<p>9 Try Something New Challenge Try out a new physical activity today for at least 10 minutes. What is something you have wanted to try or maybe haven't done in a while?</p>	<p>10 Develop a Priority Schedule to help you exercise regularly. Make it a high priority. Must do the exercise before other less important tasks.</p>
<p>11 Trash Pick Up Go for a walk today and bring along a bag to pick up trash along the way. See how much you can collect.</p>	<p>12 Find a New Fitness Search for a new style of workout or exercise video online and do it with your friends or family. See what you think about trying something new.</p>	<p>13 Cooking 101 Help with a home cooked meal.</p>	<p>14 Dance Party Have an impromptu dance party today with your family or friends.</p>	<p>15 Call & Collect Call a friend or family member you haven't talked to yet this week to say hello and wish them a wonderful day.</p>	<p>16 Soccer Dribble Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball. No ball? Use a balled-up pair of socks to kick around.</p>	<p>17 Commercials Stretch during every ad that pops up or commercial break while watching your favorite show.</p>
<p>18 Modifying Person Behavior Monitor your activity patterns and record performances and other behaviors including nutrition on personal charts or mobile devices.</p>	<p>19 Sleep Are you getting 7-8 hours of sleep each night so you feel your best daily? If not, analyze your bedtime routine. Set a goal to go to bed 15 minutes earlier tonight. Keep going until you hit your goal.</p>	<p>20 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>21 World Gratitude Day Start a gratitude journal, writing down 3 things you are thankful for each day for a week.</p>	<p>22 Dance Walker Go for a walk inside or outside and dance as you walk!</p>	<p>23 Yogi Hold for 30 seconds, rest and then repeat 4x.</p>	<p>24 Squats Do as many squats as you can while you brush your teeth.</p>
<p>25 Don't Forget About me! What food group do you want to add a bit more of in your day? Try to add 1 more serving of it today.</p>	<p>26 Cooking 201 Try making a new healthy recipe this week. This can change up your food and nutrient intakes and add some new recipes to your routine.</p>	<p>27 Create a Dance Create a dance to a favorite song. Try to show it or teach it to someone as well.</p>	<p>28 National Good Neighbor Day Do a good deed for your neighbor (rake their leaves, sweep their sidewalk, etc)</p>	<p>29 Legs Up Lie on the floor or your bed with your feet up against the wall. Focus on deep and relaxing breathing.</p> 	<p>30 Positive Attitude Did you meet your goal this month? Celebrate your success by picking your favorite activity from the calendar repeating it!</p>	