




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances: <ul style="list-style-type: none"> American Diabetes Month Lung Cancer Awareness Month 		1 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	2 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.	3 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions	4 Side to Side Jumps Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!	5 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend.
6 Stairs Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	7 Jump rope to music! Can you jump to an entire song without stopping?	8 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground. 	9 Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can find them first.	10 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	11 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	12 Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground. 
13 Carioca Move with your shoulders facing forward. Say to yourself: Side, front, side, back	14 Wheel Barrow Race Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful.	15 See how many times you can run around the outside of your house without stopping. Check your pulse when done.	16 Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.	17 Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	18 Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope.	19 Side to Side Jumps Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!
20 Hula Hoops Grab a friend and a hula hoop and see who can hula hoop the longest	21 Cow-Cat Pose Try your cow and cat yoga poses together. 	22 Bicycles Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.	23 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	24 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.	25 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	26 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.
27 Makeshift Bowling Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? A spare?	28 Rock Paper Scissors Tag Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.	29 Target Practice Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!	30 Band Aid Tag When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.	<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>		