

Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NATIONAL HEALTH OBSERVANCES National Child Abuse Prevention Month National Donate Life Month</p>	<p>1 Spring Air Go outside and try to fly a kite!</p>	<p>2 Eat A Treat Try a new veggie today!</p>	<p>3 Slow or Fast Go for a walk or jog. Try for 30 minutes. 45 minutes?</p>	<p>4 Step Jumps Tabata Burpees! 20 second work - 10 second rest. Repeat 4 times</p>	<p>5 Stop and Go Alternate 30 second sprints with 30 second rest for 10 minutes!</p>	<p>6 Left and Right In a plank position, place a beanbag or a tennis size ball between hands and alternate touching right and left hand. Can you go for 30 secs? 45 secs?</p>
<p>7 Strive for Seven Plan your meals for the week to include seven different veggies.</p>	<p>8 Stay Hydrated Drink 7-10 glasses of water every day!.</p>	<p>9 Imagine Use an imaginary jump rope and jump for 10 minutes, rest for 1 minute, go for another 10 minutes. Do this 3 times.</p>	<p>10 Stay Alert Avoid caffeine today!</p>	<p>11 Push Up Tabata Push Ups! 20 second work - 10 second rest. Repeat 4 times</p>	<p>12 Explore Go Play! Check out fun activities in your town or city and try one! Put-put golf, skating rink, bowling center, trampoline park, climbing center, what else?</p>	<p>13 30 X 3 30 seconds jump rope, 30 seconds jumping jacks, 30 seconds high knees. Repeat 3 times</p>
<p>14 Wall Strength Find a stable wall and do 3 one-minute wall seats.</p>	<p>15 Work All Day Do 6 knee pushups, 3 toe pushups, Repeat 3 times during day</p>	<p>16 Sweet 16! 16 squats, 16 push ups, 16 curl ups, repeat 4 times.</p>	<p>17 Move to Music Put your favorite song on and make up a dance or fitness routine!</p>	<p>18 2 to 1 Tabata Jump Squats! 20 second work - 10 second rest. Repeat 4 times</p>	<p>19 Be Flexible Do at least 45 minutes of Yoga today!</p>	<p>20 Go Outside Find a walking trail and go walk or bike for 60 minutes.</p>
<p>21 Stretch It Out Stretch for 15 minutes.</p>	<p>22 Wake and Walk Set your alarm clock 30 minutes early today and go for an early morning walk before school!</p>	<p>23 Rise and Eat Start your day with a healthy mix of protein and carbs.</p>	<p>24 Partner Toss Go outside and throw a frisbee with a friend or family member.</p>	<p>25 Knees Up Tabata High Knees! 20 second work 10 second rest.</p>	<p>26 Turn Off Limit your recreation screen time to one hour today.</p>	<p>27 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>
<p>28 Rise and Stretch Wake up 15 minutes early with a morning stretch session.</p>	<p>29 Walk & Talk Take a 30 minute walk with a friend. Share with them how you have been including healthy choices in your lifestyle this month.</p>	<p>30 Self Care Tell 5 different people thank you and include yourself for taking care of your body.</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>	