






# Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>30</b> Try Savasana again. Fully relax &amp; clear your mind.</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.</p>		<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>Fruit and Veggies – More Matters Month</li> <li>National Childhood Obesity Awareness Month</li> <li>National Yoga Awareness Month</li> <li>Whole Grains Month</li> </ul> <p>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>			<p><b>1</b> Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 
<p><b>2 Do this:</b> 5 walking lunges 5 jumping split squats 5 jump squats 3x</p>	<p><b>3 10 Push Up Crawls</b> Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.</p>	<p><b>4 High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p><b>5 Plank Jacks</b> In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p><b>6 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>7</b> Start with 10 high knees then immediately sprint for 10 seconds. Take a 30-60 second break and try it again. How many rounds can you do?</p>	<p><b>8 Seated Forward Bend Pose</b> Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p> 
<p><b>9 10 High Knee Twist</b> Alternate bringing your opposite knee to your opposite elbow. To make it harder add a hop in between.</p>	<p><b>10 Hands &amp; Knees Balance Pose</b> Hold for 30-60 seconds, switch sides and repeat.</p> 	<p><b>11 Half Burpees</b> Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>	<p><b>12 Army Crawl</b> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p><b>13 Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p><b>14 Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p><b>15</b> Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>
<p><b>16 Squat with Kicks</b> Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p><b>17 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose.</p>	<p><b>18 Shuffle, Cross</b> Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>	<p><b>19 Bench Jumps</b> Holding each side of a bench, jump over the bench side to side for 30 seconds.</p>	<p><b>20 Low Lunge Pose</b> Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p><b>21 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>22 Power Knees</b> Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg</p>
<p><b>23</b> After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p>	<p><b>24 Flutter Kicks</b> Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</p>	<p><b>25 Jump!</b> 10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p><b>26</b> Take a 10 minute walk before eating lunch today. Grab a friend or family member for extra motivation.</p>	<p><b>27 Kick Backs</b> Lean against a wall and kick one leg back. Complete 20 on each side</p>	<p><b>28 Commercial Stroll</b> 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!</p>	<p><b>29 Jab, Jab, Cross</b> Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>