

# FITNESS CHALLENGE

### January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 Heel Kicks 8 Jump and Twists	8 Basic Lunges 5 Squat Jumps	3 10 Heel Kicks 8 Jump and Twists	4 8 Basic Lunges 5 Squat Jumps	5 HOBBY DAY Choose 1 hobby
6 20 Heel Kicks 10 Jump and Twists	7 11 Basic Lunges 8 Squat Jumps	8 20 Heel Kicks 10 Jump and Twists	9 11 Basic Lunges 8 Squat Jumps	10 20 Heel Kicks 10 Jump and Twists	11 11 Basic Lunges 8 Squat Jumps	HOBBY DAY Choose 1 hobby
13 30 Heel Kicks 12 Jump and Twists	14 15 Basic Lunges 10 Squat Jumps	15 30 Heel Kicks 12 Jump and Twists	16 15 Basic Lunges 10 Squat Jumps	17 30 Heel Kicks 12 Jump and Twists	15 Basic Lunges 10 Squat Jumps	HOBBY DAY Choose 2 hobbies
20 40 Heel Kicks 15 Jump and Twists	21 17 Basic Lunges 12 Squat Jumps	40 Heel Kicks 15 Jump and Twists	23 17 Basic Lunges 12 Squat Jumps	24 40 Heel Kicks 15 Jump and Twists	25 17 Basic Lunges 12 Squat Jumps	26 HOBBY DAY Choose 2 hobbies
50 Heel Kicks 20 Jump and Twists	28 20 Basic Lunges 15 Squat Jumps	29 50 Heel Kicks 20 Jump and Twists	20 Basic Lunges 20 Squat Jumps	31 50 Heel Kicks 25 Jump and Twists		

### **Get Active for the New Year!**

Use this printable calendar to keep kids active during the month of January! It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend and get their friends and family involved.

For Basic Lunges, do the number listed for each side



HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



Visit <u>www.healthiergeneration.org</u> for more ideas on how to inspire a healthy, active lifestyle.

# FITNESS BREAKS PRE-GAME

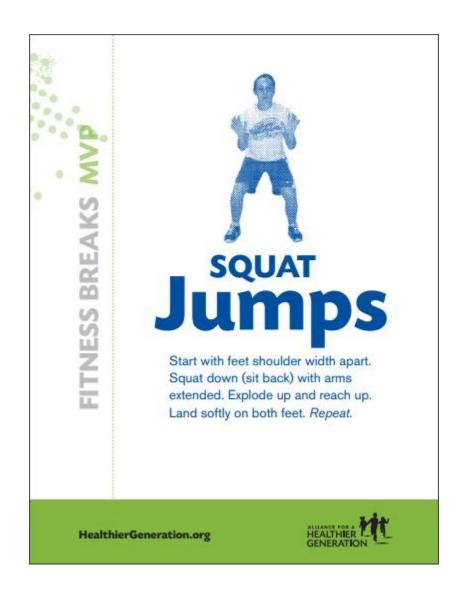


# BASIC

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

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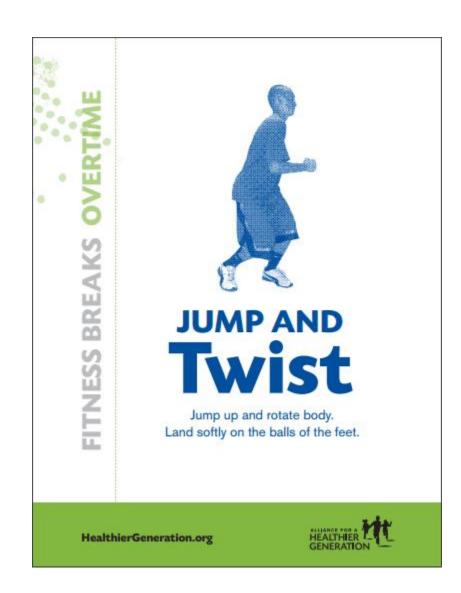
# FITNESS BREAKS PRE-GAME



Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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## **January is National Hobby Month**

Choose from the list of hobbies (or come up with your own) for each Saturday of the month!

Skateboarding	Disc Golf
<ul> <li>Canoeing</li> </ul>	Scavenger Hunt
Baseball	<ul> <li>Volleyball</li> </ul>
Basketball	Badminton
• Soccer	Jump Roping
<ul> <li>Bowling</li> </ul>	Fishing
• Football	<ul> <li>STEM Activities (ex. build a fort, create the tallest tower)</li> </ul>
<ul> <li>Archery</li> </ul>	Rock Climbing
• Dance	<ul> <li>Trampoline Jumping</li> </ul>
Ice Skating	<ul> <li>Reading (act out the story!)</li> </ul>
<ul> <li>Swimming</li> </ul>	<ul> <li>Charades</li> </ul>
Golfing	Board Games
Hiking	Bicycling
Horseback Riding	Running
Karate	Laser Tag
<ul> <li>Gymnastics</li> </ul>	<ul> <li>Frisbee</li> </ul>
• Yoga	Speed Stacking
Table Tennis	<ul> <li>Hockey</li> </ul>