



FITNESS CHALLENGE

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 Heel Kicks 8 Jump and Twists	2 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	12 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	18 15 Basic Lunges 10 Squat Jumps	19 HOBBY DAY Choose 2 hobbies
20 40 Heel Kicks 15 Jump and Twists	21 17 Basic Lunges 12 Squat Jumps	22 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
27 50 Heel Kicks 20 Jump and Twists	28 20 Basic Lunges 15 Squat Jumps	29 50 Heel Kicks 20 Jump and Twists	30 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 www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS PRE-GAME



BASIC Lunges

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 MVP




SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

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FITNESS BREAKS PRE-GAME




Heel KICKS

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

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FITNESS BREAKS OVERTIME



JUMP AND Twist

Jump up and rotate body. Land softly on the balls of the feet.

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