

FITNESS FUN !!!

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Jump rope with a parent.	2 See how many cartwheels you can do in 10 seconds.	3 Balloon toss for 5 minutes.	4 WALK in a circle around the back yard.	5 Run in place for 30 seconds. Rest 2 minutes and do it again one more time.	6 Do 5 sit-ups and repeat 3 times.
7 Plan a day trip and go for a hike with your family.	8 Hula hoop with a friend.	9 Stand up and sit down as fast as you can for 30 seconds.	10 Skip in place for 30 seconds. Rest and repeat 3 times.	11 Play a game of follow the leader outside.	12 Do 5 jumping jacks. Rest 5 minutes and repeat 3 times.	13 Try and do a headstand and see how long you can hold it.
14 Go swimming with a friend or family member.	15 Go for a walk.	16 High knee march for 1 minute. Rest and repeat 3 times.	17 Dance to your favorite song today.	18 Play Basketball. See who can make 10 baskets first.	19 Stretch and touch your toes. Hold for 1 minute and repeat.	20 Squat and kick alternating legs each time for 20 seconds.
21 Side leg raises 10 times each side. Rest and repeat 3 times.	22 Do the crab walk across the living room floor.	23 Wall-sit for 30 seconds. Rest and repeat 3 times.	24 Lift right leg up, hold 5 seconds, then repeat with left leg.	25 Jump ten times. Rest and repeat 3 times.	26 Skip across the room and back. Rest and repeat 3 times.	27 Play Hopscotch with a friend.
28 Circle your arms forward 10 times then backward 10 times.	29 Play a game of follow the leader outside.	30 10 front kicks each leg, 10 back kicks each leg.	31 Make up your own exercise today.			



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