

FITNESS FUN !!!

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Do 10 sit-ups. Rest and repeat 2 times.	Jump ten times. Rest and repeat.	Crawl from one end of the room to the other and back again.
4	5	6	7	8	9	10
Have a push up contest with a family member.	Play volleyball with a balloon with a partner for 5 minutes.	Red Light Green Light while jogging in place for 5 minutes. Then switch leaders.	Lift right leg up, hold 5 seconds, then repeat with left leg.	Do 5 jumping jacks. Rest 5 minutes and repeat 3 times.	Dance all day to your favorite song. Put on a recital after dinner.	Make up your very own exercise and do it 5 times!
11	12	13	14	15	16	17
Play a game of Simon Says with a partner.	Practice stretching today. Hold each stretch for at least 30 seconds.	WALK around the dining room table 5 times.	Sit on the ground, jump up as high as you can, then sit again. Repeat 5 times.	Jump 5 times. Try to jump higher each time.	Practice the "Throw and Catch" challenge with a partner for 5 minutes.	Run in place for 30 seconds. Rest and repeat.
18	19	20	21	22	23	24
Toss a ball to a partner for 5 minutes.	Circle your arms forward 5 times then backward 5 times.	Skip across the room and back. Rest and repeat 3 times.	10 front kicks each leg, 10 back kicks each leg. Rest and repeat 3 times.	Place 4 pillows on the floor. Then play a game of Leap Frog over the pillows.	Do as many push ups as you can in 30 seconds.	Reach to the right and hold for 30 seconds. Then reach to the left and hold for 30 seconds. Rest and repeat.
25	26	27	28			
Sing the ABC's While sitting on the floor and stretching.	Side leg raises 10 times each side. Rest and repeat 3 times.	Squat and kick alternating legs each time for 30 seconds.	What was your favorite exercise this month? Give it another try.			



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