

# FITNESS FUN !!!

## September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Red Light Green Light while jogging in place for 5 minutes. Then switch leaders.	<b>2</b> Do 10 sit-ups. Rest and repeat 2 times.	<b>3</b> Stand under a door. Jump as high as you can for 10 times. Rest & repeat.	<b>4</b> Twist and shout for 2 minutes. Rest and repeat 3 times.	<b>5</b> Toss a ball to a partner for 5 minutes. 	<b>6</b> Jump as far as you can, mark the spot and see if you can jump farther. Try 3 times.
<b>7</b> Squat and kick alternating legs each time for 30 seconds.	<b>8</b> Do 5 jumping jacks. Rest 5 minutes and repeat 3 times.	<b>9</b> Play a game of follow the leader throughout the house. Then switch leaders.	<b>10</b> High knee march for 1 minute. Rest and repeat 3 times.	<b>11</b> Do as many push ups as you can in 30 seconds.	<b>12</b> Crawling race: Set up a course, time each person as they crawl from start to finish.	<b>13</b> Stair steps. Find the biggest book in your house and step up and down for 1 minute.
<b>14</b> Run in place for 30 seconds. Rest 2 minutes and do it again one more time.	<b>15</b> Go for a walk with a family member or friend.	<b>16</b> Do lunges across the living room.	<b>17</b> Hopscotch. 	<b>18</b> Reach to the right and hold for 30 seconds,. Then reach to the left and hold for 30 seconds. Rest and repeat.	<b>19</b> Reach high, reach low, reach to each side. Repeat.	<b>20</b> Hop 5 times on your right foot, then hop 5 times on your left foot.
<b>21</b> Place 4 pillows on the floor. Then play a game of Leap Frog over the pillows.	<b>22</b> Lift right leg up, hold 5 seconds, then repeat with left leg.	<b>23</b> Shake 10 times, move to left and shake 10 times, move to the right and shake 10 times.	<b>24</b> Do the crab walk across the living room floor.	<b>25</b> Side leg raises 10 times each side. Rest and repeat 3 times.	<b>26</b> Do the "Hokey Pokey" today with a loved one.	<b>27</b> Dance to your favorite song 2 times today.
<b>28</b> Skip across the room and back. Rest and repeat 3 times.	<b>29</b> Toss a balloon up in the air 10 times.	<b>30</b> What were your two favorite exercises this month? Try them one more time!				



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