

FITNESS FUN !!!

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Arm circles for 10 seconds.	2 Twist and shout for 2 minutes. Rest and repeat 3 times.	3 Play a game of Simon Says.
4 WALK in a circle around the back yard.	5 Hula hoop. See how long you can go.	6 Do 5 sit-ups and repeat.	7 Jump 5 times. Try to jump higher each time.	8 Sing the ABC's while walking around the room.	9 Jump rope with a family member.	10 Reach to the sky, then touch the floor. Repeat 1 time.
11 Play a game of follow the leader inside.	12 Circle your arms forward 10 times then backward 10 times.	13 Walk backwards 50 steps and then skip back.	14 Stretch and touch your toes. Hold for 1 minute and repeat.	15 Pretend to pedal a bike with your hands. Count to 20.	16 Jump ten times. Rest and repeat 3 times.	17 Do 10 jumping jacks. Repeat 3 times.
18 Have a dance party with a friend.	19 Side leg raises 10 times each side. Rest and repeat 3 times.	20 Hop like a frog 10 times.	21 Stand up and sit down as fast as you can for 30 seconds.	22 Try and do 5 cartwheels.	23 Do the crab walk across the living room floor.	24 Dance to your favorite song today.
25 Have a push up contest with a family member.	26 Balloon toss for 5 minutes.	27 High knee march for 1 minute. Rest and repeat 3 times.	28 Squat and kick alternating legs each time for 20 seconds.	29 Skip across the room and back. Rest and repeat 3 times.	30 Play volleyball with a balloon with a partner for 5 minutes.	31 Go for a walk around with a friend or family member.
						<p>Happy Halloween</p> 



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