

FITNESS FUN !!!

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Roll your neck 10 times to the right, then 10 times to the left. Rest and repeat.	2 Side leg raises 10 times each side. Rest and repeat 3 times.	3 Jump 5 times. Try to jump higher each time.	4 Run in place for 30 seconds. Rest 2 minutes and do it again one more time.	5 Circle your arms forward 5 times then backward 5 times.	6 Crawl from one end of the room to the other and back again.	
7 Place 4 pillows on the floor. Then play a game of Leap Frog over the pillows.	8 Do as many push ups as you can in 30 seconds.	9 Practice stretching today. Hold each stretch for at least 30 seconds.	10 Run in place for 30 seconds. Rest & repeat.	11 Reach high, reach low, reach to each side. Repeat.	12 Do 10 sit-ups. Rest and repeat 2 times.	13 Do the "Hokey Pokey" today with a loved one.	
14 Toss a ball to a partner for 5 minutes.	15 Play leap frog with a friend.	16 Play a game of follow the leader throughout the house. Then switch leaders.	17 See how many somersaults you can do in a row.	18 Squat and kick alternating legs each time for 30 seconds.	19 Walk the line heel to toe and tip toe repeat 3 times.	20 Skip across the room and back. Rest and repeat 3 times.	
	21 Balance a book on your head, then try to walk across the room. Keep practicing until you are able to master	22 Indoor hopscotch.	23 Hula Hoop with a friend.	24 Lift right leg up, hold 5 seconds, then repeat with left leg.	25 High knee march for 1 minute. Rest and repeat 3 times.	26 Play a game of Simon Says with a partner.	27 Dance all day to your Favorite song!
28 Jump rope 5 times. Rest for 5 minutes. Repeat	29 Do the crab walk across the living room floor.	30 Jump ten times. Rest and repeat.	31 Make up your very own exercise and do it 5 times!				



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