

# FITNESS FUN

## December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Play a game of Simon Says.
<b>2</b> Clean the house while blasting your music.	<b>3</b> Balloon toss for 5 minutes.	<b>4</b> Side leg raises 10 times each side. Rest and repeat 3 times.	<b>5</b> Stand up and sit down as fast as you can for 30 seconds.	<b>6</b> Circle your arms forward 10 times then backward 10 times.	<b>7</b> Skip across the room and back. Rest and repeat 3 times.	<b>8</b> Twist and shout for 3 minutes. Rest and repeat 3 times.
<b>9</b> Play TAG with a sibling or friend.	<b>10</b> Squat and kick alternating legs each time for 20 seconds.	<b>11</b> Bicycle crunches for 30 seconds.	<b>12</b> Jump ten times. Rest and repeat 3 times.	<b>13</b> Toss a ball with a partner.	<b>14</b> High knee march for 1 minute. Rest and repeat 3 times.	<b>15</b> Play a game of follow the leader inside.
<b>16</b> Stretch and touch your toes. Hold for 1 minute and repeat.	<b>17</b> Jump rope today.	<b>18</b> Twist and shout for 2 minutes. Rest and repeat 3 times.	<b>19</b> Have a push up contest with a family member.	<b>20</b> Dance to your favorite song today.	<b>21</b> Play a game of Hide and Seek.	<b>22</b> Hop 5 times on your right foot, then hop 5 times on your left foot.
<b>23</b> Lift right leg up, hold 5 seconds, then repeat with left leg.	<b>24</b> Run in place for 30 seconds. Rest 2 minutes and do it again one more time.	<b>25</b> 	<b>26</b> Jump 5 times. Try to jump higher each time.	<b>27</b> Sing the ABC's while walking around the room.	<b>28</b> Do the crab walk across the living room floor.	<b>29</b> Do 5 sit-ups and repeat 5 times.
<b>30</b> Make up your own exercise today.	<b>31</b> Reach to the sky, then touch the floor. Repeat 1 time.					

