

FITNESS FUN !!!

March 2019

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



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