

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



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