



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|---|--|
| <p>National Health Observances:</p> <ul style="list-style-type: none"> National Courtesy Month National Self-Care Awareness Month National Suicide Prevention Month Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month | | <p>1 Savasana Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p>  | <p>2 Hands & Knees Balance Pose Hold for 30-60 seconds, switch sides and repeat.</p>  | <p>3 Kick Backs Lean against a wall and kick one leg back. Complete 20 on each side.</p> | <p>4 Compliment Someone Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p> | <p>5 10 Push Up Crawls Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.</p> |
| <p>6 Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?</p> | <p>7 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p> | <p>8 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p> | <p>9 Thank You Dinner Before eating dinner, say thank you for the food in front of you.</p> | <p>10 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete for 30 seconds then switch sides.</p> | <p>11 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p> | <p>12 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p>  |
| <p>13 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p> | <p>14 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p> | <p>12 Happy Baby Pose Straighten your legs for an added challenge.</p>  | <p>16 A Gratitude Attitude Write down something you're thankful for and why.</p> | <p>17 Bench Jumps Holding each side of a bench, jump over the bench side to side for 30 seconds.</p> | <p>18 Nighttime Note Empty your mind before you go bed by writing a note about what you're thinking and leave it for tomorrow.</p> | <p>19 Do this: 5 walking lunges 5 jumping split squats 5 jump squats 3x</p> |
| <p>20 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p> | <p>21 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p> | <p>22 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p> | <p>23 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p> | <p>24 Cardio & Stretching Do a cardiovascular exercise(s) of your choice for 5-10 minutes then stretch different parts of your body holding each stretch for 30-60 seconds before switching.</p> | <p>25 Pause for Thanks Stop during the middle of a busy activity to name 5 things you are thankful for.</p> | <p>26 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?</p> |
| <p>27 Sunday Prep Do one thing today to help prepare you for the week. Examples: -Pack your bookbag -Check your homework -Pack your lunch -Pick out your clothes for the week</p> | <p>28 Low Lunge Pose Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>  | <p>29 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p> | <p>30 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p> | <p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p> <p>Yoga Images from www.forteyoga.com</p> | | |