



October 2015

Family Fitness Daily Movement Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|--|
| <p>DAILY CHALLENGE: CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle.</p> <p>For each daily activity, try to move consistently without stopping for at least 15 minutes. If you move for 20 minutes, GREAT! If you move for 30 minutes, EVEN BETTER! If you move for 60 minutes, AWESOME!!!</p> <p>So, grab a family member or a friend and GET MOVING TODAY!</p> | | | | <p>1 Race Have a race at the park with your family today.</p> | <p>2 Tape It Side Put a piece of tape on the ground on the side of 1 foot jump side to side quick as you can for 30 seconds. Repeat 10 times.</p> | <p>3 Hula Hoop Hula hoop for 100 consecutive rotations. Do it 10 different times. Take a break if you need to. Don't have a hula hoop? Pretend hula hoop!</p> |
| <p>4 Abdominals 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat!</p> | <p>5 Jumping Lunges Lunge forward with one leg in front, jump and switch legs in the air landing in a lunge with the other leg in front. Try 20 in a row. Always land with bent knees.</p> | <p>6 High Knee Punch Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.</p> | <p>7 Standing Abs Stand with legs apart, toes slightly turned out, knees bent. Lean side to side attempting to touch your elbow to your knee. Keep your body upright.</p> | <p>8 Partner Get a partner and practice playing catch with a ball. Throw it high and low to make it more difficult.</p> | <p>9 One Legged Marathon Have a contest with your family to see who can stand on 1 leg for the longest time. Do it again, but this time with your eyes closed.</p> | <p>10 Criss Cross Jacks Jumping jacks that cross 1 leg in front of the other as the legs come together and raising the opposite arm in the air. Open legs apart and switch to other leg and arm</p> |
| <p>11 Triceps Sit on the floor, bend knees, feet flat on the floor. Lean back on hands. Bend elbows and lean back as far as you can. Push back up to sitting. To make it harder, straighten legs out in front.</p> | <p>12 Burpees Feet together, arms up. Squat down, touch ground, jump back into pushup position, jump back in, stand up and jump up in the air. Try doing 10 in a row without stopping.</p> | <p>13 Planks In and Out Hold a plank position (push-up position). Jump both feet in close to hands at the same time. Jump back out. Try doing 20 in a row without stopping. Repeat.</p> | <p>14 Kick Walk Hold arms out in front of your body. Keeping legs straight, begin to step and kick attempting to touch your foot to your hands. Try to do it for 50 feet. Then stop turn around and repeat.</p> | <p>15 Family Game Play a family game of kick ball in your yard or at the park.</p> | <p>16 Side Lunges Stand with legs apart. Lunge to the right side and touch the ground with left hand. Lunge to the left and touch the ground with right hand. Try 20 in a row.</p> | <p>17 Power Jacks Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 minute.</p> |
| <p>18 Triathlon <u>Swim</u>- lay on belly, kick arms and legs. 30 seconds <u>Bike</u>- bicycle crunches 30 seconds <u>Run</u>- stand up and run in place 30 seconds. Repeat.</p> | <p>19 Tag Play your favorite tag game with some friends or family members after school.</p> | <p>20 Side Plank Hold In the plank position (push-up position), take one hand off the floor and turn to the side. Balance as long as you can. Switch.</p> | <p>21 Wide Tire Run Run in place with your legs wide as if attempting to step inside a tire each time. Try to run for 30 seconds. Don't stop.</p> | <p>22 Wall Sits Place back on the wall while keeping your knees at 90 degrees. Have a contest for who can stay in the position the longest.</p> | <p>23 High Knee Punch Run in place with high knees. At the same time, punch arms straight up to the ceiling alternating right and left.</p> | <p>24 Stretch Day Take turns with friends, each person leading a stretch for a different muscle. How many stretches can you come up with?</p> |
| <p>25 Feet Switches Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?</p> | <p>26 Basketball Play a game of 3 vs. 3 basketball, or pretend to shoot a basketball for 20 consecutive jumps. Bend knees and prepare to shoot.</p> | <p>27 Soccer Play a 3 vs. 3 game of soccer or practice your dribbling skills by running the ball from one end to the other.</p> | <p>28 Water Bottle Biceps With an adult or family member use water bottles to exercise your biceps (upper arms). No water bottles? Use soup cans.</p> | <p>29 Aerobics Do an aerobic activity of your choice for at least 15 minutes. Try not to stop! Get your heart rate up! Aerobics can be running, dancing biking, skating, jumping rope...</p> | <p>1 Football Drill Run as fast as you can in place with your knees bent. Turn right and face the next wall (keep running), turn right again, and again until back to front.</p> | <p>31 You Decide! What was your favorite activity this month? Give it another try!</p> |