January 2019

Family Fitness Daily Movement Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Holiday **Get outside and get moving!**	**2 Holiday** **Get outside and get moving!**	**3 Holiday** **Get outside and get moving!**	**4 Holiday** **Get outside and get moving!**	**5** **Get outside and get moving!**
6 Walking Go for a walk with a grandparent or adult relative who takes care of you.	**7 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.	**8 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.	**9 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.	**10 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.	**11 High Knee Punch** Run in place with high knees. At the same time, punch arms straight up to the ceiling alternating right and left.	**12 Stretch Day** Take turns with friends, each person leading a stretch for a different muscle. How many stretches can you come up with?
13 Feet Switches Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?	**14 Balance** Balance on one foot and tilt forward to make your body look like a table. One leg straight back and arms stretched straight out in front. Switch.	**15 Soccer** Play a 3 vs. 3 game of soccer or practice your dribbling skills by running the ball from one end to the other.	**16 Water Bottle Biceps** With an adult or family member use water bottles to exercise your biceps (upper arms). No water bottles? Use soup cans.	**17 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...	**18 Tag** Play your favorite tag game with some friends or family members after school.	**19 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.
20 Sliders Feet together, knees bent, slide to the right side landing on right leg. Slide to the left side landing on the left leg. Try 20 in a row.	**21 Holiday** **Get outside and get moving**	**22 Stair Climbing** With an adult family member, walk up and down the stairs for 15 minutes. No Stairs? Find a hill, incline, or step bench.	**23 Ski Jumps** Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!	**24 Walking** Go for a walk with a grandparent or adult relative who takes care of you.	**25 Hopscotch** Make a hopscotch court and play with your family.	**26 Play** Grab a few friends and play a few tag games like "Capture the Flag".
27 Run See how fast you can run a mile. Have a family member time you.	**28 Catch** Practice your catching skills by catching a ball thrown to you by someone else.	**29 Inchworms** Keeping your legs straight, place your hands on the ground, walk them into pushup position, then walk your legs back to your hands.	**30 Balance** Balance on one foot and tilt forward to make your body look like a table. One leg straight back and arms stretched straight out in front. Switch**!**	**31 Walking** Go for a walk with a grandparent or adult relative who takes care of you.		

DAILY CHALLENGE: CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle. 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!!!So, grab a family member or a friend and GET MOVING TODAY!