



# February 2019

## Family Fitness Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DAILY CHALLENGE:</b> CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle.  <b>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!!!</b>  <b>So, grab a family member or a friend and GET MOVING TODAY!</b></p>					<p><b>1 <u>Planks In and Out</u></b>            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><b>2 <u>Kick Walk</u></b>            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><b>3 <u>Family Game</u></b>            Play a family game of kick ball in your yard or at the park.</p>	<p><b>4 <u>Side Lunges</u></b>            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><b>5 <u>Power Jacks</u></b>            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><b>6 <u>Triathlon</u></b>  <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><b>7 <u>Tag</u></b>            Play your favorite tag game with some friends or family members after school.</p>	<p><b>8 <u>Side Plank Hold</u></b>            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 sides.</p>	<p><b>9 <u>Wide Tire Run</u></b>            Run in place with your legs wide attempting to step inside a tire each time. Try to run for 30 seconds without stopping.</p>
<p><b>10 <u>Wall Sits</u></b>            Place back on the wall while keeping your knees bent at 90 degrees. Have a contest for who can stay in the position the longest.</p>	<p><b>11 <u>Football Drill</u></b>            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><b>12 <u>Feet Switches</u></b>            Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?</p>	<p><b>13 <u>Soccer</u></b>            Play a 3v3 game of soccer or practice your dribbling skills by running the ball from one end to the other.</p>	<p><b>14 <u>High Knee Punch</u></b>            Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.</p>	<p><b>15 <u>Basketball</u></b>            Play a game of 3 vs. 3 basketball, or pretend to shoot a basketball for 20 consecutive jumps. Bend knees and prepare to shoot. Jump as high as you can and make your shot. Repeat.</p>	<p><b>16 <u>Aerobics</u></b>            Do an aerobic activity of your choice for 20 minutes. Don't stop! Get your heart rate up! Aerobics are activities like running, biking, skating, jump rope...</p>
<p><b>17 <u>Water Bottle Biceps</u></b>            With an adult or family member use water bottles to exercise your biceps (upper arms). No water bottles? Use soup cans.</p>	<p><b>18 <u>(Holiday)</u></b>            Get outside and get moving!</p>	<p><b>19 <u>Sliders</u></b>            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.</p>	<p><b>20 <u>Balance</u></b>            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.</p>	<p><b>21 <u>Stair Climbing</u></b>            With an adult family member, walk up and down the stairs for 15 minutes. No Stairs? Find a hill, incline, or step bench.</p>	<p><b>22 <u>Ski Jumps</u></b>            Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!</p>	<p><b>23 <u>You Decide</u></b>            What was your favorite activity this month? Give it another try!</p>
<p><b>24 <u>Stretch Day</u></b>            Take turns with friends, each person leads a stretch for a different muscle. How many stretches can you come up with?</p>	<p><b>25 <u>Partner</u></b>            Get a partner and practice playing catch with a ball. Throw it high and low to make it more difficult.</p>	<p><b>26 <u>One Legged Marathon</u></b>            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><b>27 <u>Triceps</u></b>            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><b>28 <u>Burpees</u></b>            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>		