

December 2019



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. So, grab a family member or a friend and GET MOVING TODAY! 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>1 <u>Abdominals</u> 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat!</p>	<p>2 <u>Jumping Lunges</u> 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>3 <u>High Knee Punch</u> Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.</p>	<p>4 <u>Standing Abs</u> 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>5 <u>Partner</u> Get a partner and practice playing catch with a ball. Throw it high and low to make it more difficult.</p>	<p>6 <u>One Legged Marathon</u> 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>7 <u>Criss Cross Jacks</u> 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>8 <u>Triceps</u> 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>9 <u>Burpees</u> 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>10 <u>Planks In and Out</u> 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>11 <u>Kick Walk</u> 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>12 <u>Family Game</u> Play a family game of kick ball in your yard or at the park.</p>	<p>13 <u>Side Lunges</u> 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>14 <u>Power Jacks</u> 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>15 <u>Power Skips</u> Skip as high and as far as you can. Do 20 in a row without stopping.</p>	<p>16 <u>Jump Rope</u> Grab a jump rope and grab a friend. Take turns jumping rope. Jump rope until you miss before passing the rope to your friend.</p>	<p>17 <u>Family Adventure</u> Go for a hike with your family today. Try to keep a vigorous pace and work up a sweat.</p>	<p>18 <u>Create</u> Create a new game with a friend today using a ball.</p>	<p>19 <u>Tape It Front</u> Put a piece of tape on the ground and jump back and forth as quickly as you can for 30 seconds. Repeat 10 times.</p>	<p>20 <u>Triathlon</u> <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.</p>	<p>21 <u>Hula Hoop</u> 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>22 Holiday Get outside and get moving!</p>	<p>23 Holiday Get outside and get moving!</p>	<p>24 Holiday Get outside and get moving!</p>	<p>25 Holiday Get outside and get moving!</p>	<p>26 Holiday Get outside and get moving!</p>	<p>27 Holiday Get outside and get moving!</p>	<p>28 Holiday Get outside and get moving!</p>
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