




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Health Observances:</p> <ul style="list-style-type: none"> American Diabetes Month Lung Cancer Awareness Month 		<p>Extra Halloween candy?</p> <p>-Check out Operation Gratitude to send a package to troops</p> <p>-Participate in a local candy "buy back"</p>	<p>1 Crab Walk</p> <p>Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p>2 Walking</p> <p>Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>	<p>3 Side to Side Jumps</p> <p>Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!</p>	<p>4 Jumping Beans</p> <p>Be creative and see how many different ways you can jump rope. Teach a friend.</p>
<p>5 Stairs</p> <p>Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p>6 Jump rope to music!</p> <p>Can you jump to an entire song without stopping?</p>	<p>7 Cow Pose</p> <p>On all fours arch your back with your head looking up while your tummy is pushed toward the ground.</p> 	<p>8 Scavenger Hunt</p> <p>Split into two teams; make a list of 20 things related to winter and race to see which team can find them first.</p>	<p>9 Commercial Stroll</p> <p>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>10 Crawl Like a Seal</p> <p>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>11 Cat Pose</p> <p>On all fours round your back pulling you spine towards the ceiling while looking at the ground.</p> 
<p>12 Carioca</p> <p>Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>13 Wheel Barrow Race</p> <p>Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful.</p>	<p>14</p> <p>See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p>	<p>15 Underhand Toss Target Practice</p> <p>Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>16 Balloon Bounce</p> <p>Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>17 Create a Game</p> <p>Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>	<p>18 Side to Side Jumps</p> <p>Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!</p>
<p>19 Hula Hoops</p> <p>Grab a friend and a hula hoop and see who can hula hoop the longest</p>	<p>20 Cow-Cat Pose</p> <p>Try your cow and cat yoga poses together.</p> 	<p>21 Bicycles</p> <p>Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.</p>	<p>22 Just play!</p> <p>Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>23 Freeze Dance</p> <p>Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p>24 High Knees & Stretch</p> <p>High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>25 Clap and Catch</p> <p>Throw a soft object up into the air. See how many times you can clap before you catch it.</p>
<p>26 Makeshift Bowling</p> <p>Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? A spare?</p>	<p>27 Rock Paper Scissors Tag</p> <p>Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>28 Target Practice</p> <p>Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!</p>	<p>29 Band Aid Tag</p> <p>When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.</p>	<p>30 Shoulder Shrugs</p> <p>Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</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>	