




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</p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute.</p> <p>Repeat 6-8 times.</p>	<p>2</p> <p>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</p> <p>Balance</p> <p>Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>
<p>5</p> <p>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</p> <p>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 Card Fitness</p> <p>Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15.</p> <ul style="list-style-type: none"> ♠- jumping jacks ♣- squats ♥- mountain climbers ♦- Your choice 	<p>9</p> <p>Commercial Planks</p> <p>Can you plank during an entire commercial break?</p>	<p>10</p> <p>Leg Day!</p> <p>20 squats 20 walking lunges 20 high knees</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</p> <p>Shuffle Squat</p> <p>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>13</p> <p>4 for 10</p> <p>10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</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</p> <p>Basketball Shooting Target Practice</p> <p>Using an empty laundry basket or bucket, practice shooting a small object inside. Each time you make it take a step back.</p>	<p>16</p> <p>Balloon Tennis</p> <p>Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand</p>	<p>17</p> <p>Jump rope to music!</p> <p>Can you jump to an entire song without stopping?</p>	<p>18</p> <p>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</p> <p>10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps</p>	<p>20</p> <p>Cow-Cat Pose</p> <p>Try your cow and cat yoga poses together.</p> 	<p>21</p> <p>Core Challenge</p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>22</p> <p>Just play!</p> <p>Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>23</p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute.</p> <p>Repeat 6-8 times.</p>	<p>24</p> <p>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</p> <p>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</p> <p>Leg Day!</p> <p>20 squats 20 walking lunges 20 high knees</p>	<p>27</p> <p>Shuttle Run</p> <p>Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>28</p> <p>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</p> <p>Jump!</p> <p>10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p>30</p> <p>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>	