

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</p> <p>Reverse Lunges to Front Kicks</p> <p>Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.</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>Walking High Knees</p> <p>Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.</p>	<p>7</p> <p>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</p> <p>Cardio Day!</p> <p>10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>	<p>9</p> <p>Hold for 10 seconds</p> <p>Right Side Plank Left side plank Superman Rest Repeat 10 times</p>	<p>10</p> <p>Leg Day!</p> <p>20 squats 20 walking lunges 20 high knees</p>	<p>11</p> <p>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>10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>14</p> <p>Hallway Sprint</p> <p>Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!</p>	<p>15</p> <p>10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.</p>	<p>16</p> <p>10 Butt Kicks 10 high knees Stretch Repeat</p>	<p>17</p> <p>Jumping Jacks</p> <p>Try and complete 10 sets of 10 jacks today.</p>	<p>18</p> <p>Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</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>10 Switch Lunges</p> <p>Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</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>10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.</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>10 Butt Kicks 10 high knees Stretch Repeat</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>	