

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 Code Words</b></p> <p>While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year</p>	<p><b>2 De-Stress for Success</b></p> <p>Ask a family member what their favorite way to de-stress is and join them in that practice! Ideas include physical activity, yoga, breathing, talking to friends, etc</p>	<p><b>3 Before Bed Breathing</b></p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p><b>4 Better Breathing</b> can help calm our mind &amp; body. Take a deep breath in through your nose, hold for a four count. Then exhale, out of your mouth for a four count. Repeat.</p>	<p><b>5 Circuit Set</b></p> <p>Perform each 3 times: 10 Push-Ups 10 Jump Squats 10 Bent Over Rows</p>	<p><b>6 Seated Forward Bend Pose</b></p> <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need</p> 	<p><b>7 Collage Time</b></p> <p>Create a collage of inspirational quotes/words.</p>
<p><b>8 Flip a coin</b></p> <p>Heads: Perform 3 jumping jacks every time you stand up. Tails: Perform 3 standing knees to elbows just before you sit down, all day</p>	<p><b>9 Sunday Prep</b></p> <p>Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week -Set out your breakfast</p>	<p><b>10 Move it Monday</b></p> <p>DANCE – DANCE-DANCE to your favorite song while getting ready or brushing your teeth.</p>	<p><b>11 Mindful Minute</b></p> <p>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>12 Circuit Set</b></p> <p>Perform each 3 times: 10 Burpees 10 Walking Lunges 10 Mountain Climbers</p>	<p><b>13 Low Lunge Pose</b></p> <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p><b>14 You Deserve It</b></p> <p>Write personal affirmations.</p>
<p><b>15 Flip a coin</b></p> <p>Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping.</p>	<p><b>16 Recharge</b></p> <p>Avoid using technology two hours before bed. Did you sleep better?  <a href="#">Martin Luther King, Jr. Day</a></p>	<p><b>17 Army Crawl</b></p> <p>Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p><b>18 Music Break</b></p> <p>Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?</p>	<p><b>19 Circuit Set</b></p> <p>Perform each 3 times: 10 Box Jumps (step-ups) 10 Curl-Ups 10 Bench/Chair Dips Hold a 10 second Plank 10 times</p>	<p><b>20 Mummy Kicks</b></p> <p>Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 	<p><b>21 Declutter</b></p> <p>Clean up your locker, desk or room. Having an organized space can make you feel better.</p>
<p><b>22 Flip a coin</b></p> <p>Heads: Perform a wall-sit for 30 seconds, rest, and then again for 20 seconds. Tails: Perform a high plank for 30 seconds, rest, and then again for 20 seconds.</p>	<p><b>23 Core Challenge</b></p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p><b>24 Stay Hydrated</b></p> <p>Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p><b>25 Mindful Minute</b></p> <p>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>26 Cardio &amp; Yoga</b></p> <p>Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching.times</p>	<p><b>27 Hands &amp; Knees Balance Pose</b></p> <p>Hold for 30-60 seconds, switch sides and repeat</p> 	<p><b>28 Compliments Matter</b></p> <p>Give a compliment. It only takes one sentence.</p>
<p><b>29 Flip a coin</b></p> <p>Heads: Choose one lower body exercise that will help you jump higher. Do it 20 times. Tails: Choose one upper body exercise that will</p>	<p><b>30 Shoulder Shrugs</b></p> <p>Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p><b>31 Jump Around</b></p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times</p>	<p><b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month</p> <p>Yoga images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></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.</p>	