





FITNESS CHALLENGE

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Plank (20 seconds) 3 Crab Walks	2 3 Sit-ups Hip Bridges (5 seconds)	3 GO MINI GOLFING
4 Plank (30 seconds) 5 Crab Walks	5 5 Sit-ups Hip Bridges (8 seconds)	6 Plank (30 seconds) 5 Crab Walks	7 CARDIO DAY – JOG IN PLACE FOR 30 SECONDS	8 Plank (30 seconds) 5 Crab Walks	9 5 Sit-ups Hip Bridges (8 seconds)	10 TOSS A FRISBEE
11 Plank (40 seconds) 7 Crab Walks	12 7 Sit-ups Hip Bridges (10 seconds)	13 Plank (40 seconds) 7 Crab Walks	14 CARDIO DAY – HULA HOOP FOR 30 SECONDS	15 Plank (40 seconds) 7 Crab Walks	16 7 Sit-ups Hip Bridges (10 seconds)	17 PLAY DISC GOLF
18 Plank (50 seconds) 9 Crab Walk	19 10 Sit-ups Hip Bridges (15 seconds)	20 Plank (50 seconds) 9 Crab Walks	21 CARDIO DAY – JUMPING JACKS FOR 30 SECONDS	22 Plank (50 seconds) 9 Crab Walks	23 9 Sit-ups Hip Bridges (15 seconds)	24 PLAY CHARADES FOR FAMILY GAME NIGHT
25 Plank (60 seconds) 12 Crab Walks	26 12 Sit-ups Hip Bridges (20 seconds)	27 Plank (60 seconds) 12 Crab Walks	28 CARDIO DAY – CREATE YOUR OWN DANCE FOR 1 MIN	29 Plank (60 seconds) 12 Crab Walks	30 12 Sit-ups Hip Bridges (20 seconds)	31 GO FOR A BIKE RIDE

August Fitness Challenge Calendar – Simple fitness exercises and outdoor activities to keep kids active during the summer! Celebrate Family Fun Month by sharing the calendar with family and spending time together on Saturdays!

-  Crab Walks – count 1 each time you walk
-  CARDIO DAY – choose one, a combination, or all activities listed

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Family Fun Month Ideas

- Go **mini golfing** in honor of National Golf Month
- Visit the batting cages
- Play **basketball**
- Go for a walk
- Hike at a local park
- Visit a museum and track your steps with a **pedometer**
- Play **disc golf**
- Throw a **frisbee** and practice different serves
- Play a game of **Charades**
- Play a game of **Spikeball**
- Set up an **obstacle course** in the backyard
- Take turns seeing how long you can balance a **hula hoop**
- Go rock climbing
- Take a class at a local fitness center in celebration of National Wellness Month
- Use a **parachute** to play some fun games
- Go swimming in the lake or a pool
- Play **tennis** at the park
- Set up a **volleyball net** and see how long you can volley the ball back and forth
- Play **badminton**
- Set up some **lawn games** in the backyard
- Play a game of **baseball**
- Decorate your own **kites**, then fly them together
- Go kayaking
- Plan a Family **Flag Football** game
- Ride your bikes together
- Draw different hopscotch patterns with **sidewalk chalk** and challenge the whole family to try it
- Play **bocce**
- Set up a game of jumbo pool with **soccer billiard balls**
- Go cosmic bowling or set up your own **inflatable bowling**