



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**