

### FITNESS CHALLENGE

### **June 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				3 Carioca	3 Squats	NATURE WALK
				3 Lunges	Hop on 1 leg (15 seconds)	(Walk for 1 mile)
4	5	6	7	8	9	10
5 Carioca	5 Squats	5 Carioca	TASK CARD #1	5 Carioca	5 Squats	START A GARDENING
5 Lunges	Hop on 1 leg (20 seconds)	5 Jumping Jacks		5 Lunges	Hop on 1 leg (20 seconds)	PROJECT
11	12	13	14	15	16	17
7 Carioca	7 Squats	7 Carioca	TASK CARD #2	7 Carioca	7 Squats	BIKE RIDE
7 Lunges	Hop on 1 leg (25 seconds)	7 Jumping Jacks		7 Lunges	Hop on 1 leg (25 seconds)	(Ride for 2 miles)
18	19	20	21	22	23	24
10 Carioca	10 Squats	10 Carioca	TASK CARD #1	10 Carioca	10 Squats	NATURE WALK
10 Lunges	Hop on 1 leg (30 seconds)	10 Jumping Jacks		10 Lunges	Hop on 1 leg (30 seconds)	(Walk for 3 miles)
25	26	27	28	29	30	
12 Carioca	12 Squats	12 Carioca	TASK CARD #2	12 Carioca	12 Squats	
12 Lunges	Hop on 1 leg (45 seconds)	12 Jumping Jacks		12 Lunges	Hop on 1 leg (30 seconds)	

**June Calendar -** Keep kids active this summer with simple fitness activities that can be done at home with no equipment! Every Saturday they can enjoy nature with an outdoor exercise or activity, like gardening for National Gardening Week. Involve family too!

Refer to Task Cards 1&2 on Page 4

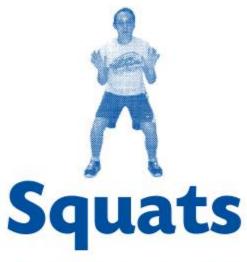
For Hop on 1 Leg exercise, repeat for each leg

Find the visuals & descriptions for each fitness activity below.



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

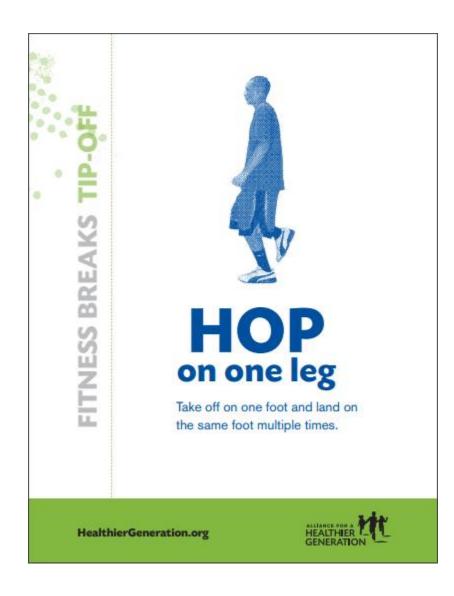
# FITNESS BREAKS OVERTIME



Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.

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### FITNESS BREAKS TIP-OFF



### Carioca

Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square.

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## ITNESS BREAKS PRE-GAME



Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

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### CARDS

### 20 arm actions Pump arms like running hard

- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches

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### **ASK CARDS**

- Write your last name in the air with your left foot
- 14 crisscross jumps
- · 6 jumps forward and back
- Write your first name in the air with your right foot
- 8 wood chops each side

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