



FITNESS CHALLENGE

June 2023

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

FITNESS BREAKS **OVERTIME**



Squats

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**



HOP on one leg

Take off on one foot and land on the same foot multiple times.

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[Source: Fitness Trail Stations](#)

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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FITNESS BREAKS PRE-GAME



BASIC Lunges

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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[Source: Fitness Trail Stations](#)

1

TASK 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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2

TASK 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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[Source: Physical Activity Task Cards](#)