## **SSS** FITNESS CHALLENGE

## June 2024

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

**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!



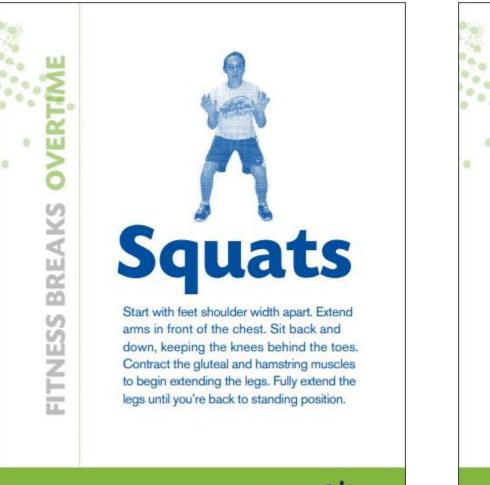
Refer to Task Cards 1&2 on Page 4

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.



HealthierGeneration.org

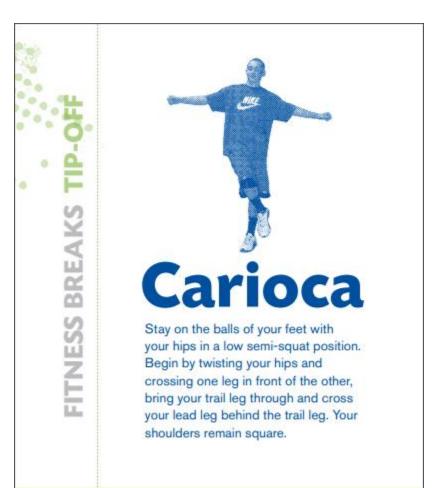


BREA HOP on one leg FITNESS Take off on one foot and land on the same foot multiple times.

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Source: Fitness Trail Stations



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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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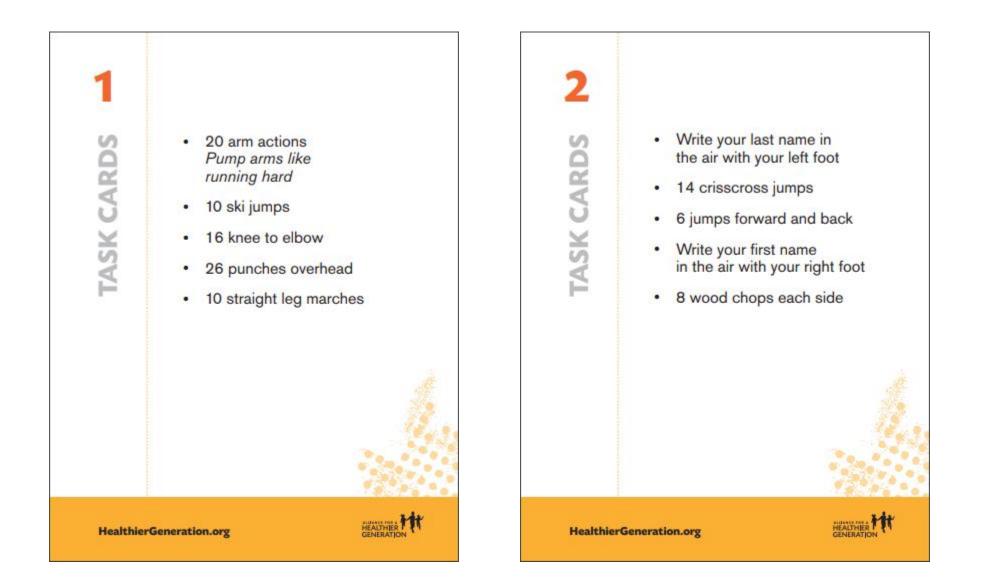
**ITNESS BREAKS** 

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Source: Fitness Trail Stations



Source: Physical Activity Task Cards