

FITNESS CHALLENGE

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Basic Lunges 3 Squat Jumps	2 3 Heel Kicks 3 Jump and Twists	3 3 Basic Lunges 3 Squat Jumps	4 3 Heel Kicks 3 Jump and Twists	5 3 Basic Lunges 3 Squat Jumps	6 HOBBY DAY Choose 1 hobby
7 5 Heel Kicks 5 Jump and Twists	5 Basic Lunges 5 Squat Jumps	9 5 Heel Kicks 5 Jump and Twists	5 Basic Lunges 5 Squat Jumps	5 Heel Kicks 5 Jump and Twists	5 Basic Lunges 5 Squat Jumps	HOBBY DAY Choose 1 hobby
7 Heel Kicks 7 Jump and Twists	7 Basic Lunges 7 Squat Jumps	16 7 Heel Kicks 7 Jump and Twists	7 Basic Lunges 7 Squat Jumps	18 7 Heel Kicks 7 Jump and Twists	7 Basic Lunges 7 Squat Jumps	HOBBY DAY Choose 1 hobby
21 10 Heel Kicks 10 Jump and Twists	10 Basic Lunges 10 Squat Jumps	23 10 Heel Kicks 10 Jump and Twists	10 Basic Lunges 10 Squat Jumps	25 10 Heel Kicks 10 Jump and Twists	26 10 Basic Lunges 10 Squat Jumps	27 HOBBY DAY Choose 2 hobbies
28 12 Heel Kicks 12 Jump and Twists	12 Basic Lunges 12 Squat Jumps	30 12 Heel Kicks 12 Jump and Twists	12 Basic Lunges 12 Squat Jumps			

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January! It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend with family members.

For Basic Lunges, do the number listed for each side

HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



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

FITNESS BREAKS PRE-GAME

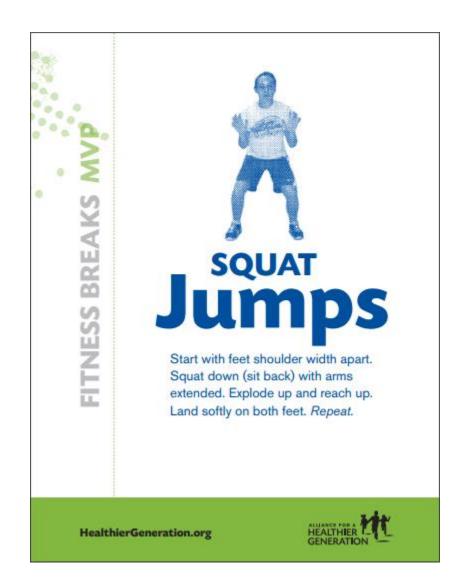


BASIC Lunges

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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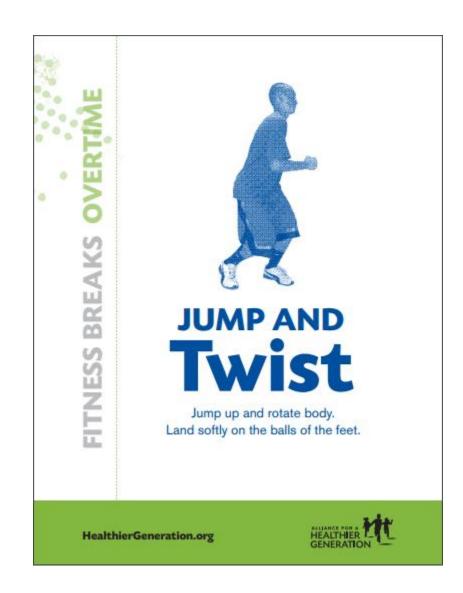
FITNESS BREAKS PRE-GAME



heel of the lower leg up to and bounce off the buttock.

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January is National Hobby Month

Choose from the list of hobbies (or come up with your own) for each Saturday of the month!

S	Skateboarding	Disc Golf
C	Canoeing	Scavenger Hunt
В	Baseball	Volleyball
В	Basketball	Badminton
S	Soccer	Jump Roping
В	Bowling	Pickleball
F	Football	STEM Activities (ex. build a fort, create the tallest tower)
A	Archery	Rock Climbing
	Dance	Trampoline Jumping
lo	ce Skating	Reading (act out the story!)
S	Swimming	Charades
C	Golfing	Board Games
F	Hiking	Bicycling
F	Horseback Riding	Running
K	Karate	Laser Tag
C	Gymnastics	Frisbee
Y	Yoga	Speed Stacking
Т	Гable Tennis	Hockey