



# FITNESS CHALLENGE

## July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 12 Squat Jumps 15 Arm Circles	31 12 Crunches 15 Knee Raises					1 PLAY TENNIS AT A LOCAL PARK
2 3 Squat Jumps 5 Arm Circles	3 3 Crunches 5 Knee Raises	4 3 Squat Jumps 5 Arm Circles	5 ANIMALS TASK CARD #1	6 3 Squat Jumps 5 Knee Raises	7 3 Crunches 5 Arm Circles	8 PRACTICE THROWING A BASEBALL
9 5 Squat Jumps 7 Arm Circles	10 5 Crunches 7 Knee Raises	11 5 Squat Jumps 7 Arm Circles	12 WEATHER TASK CARD #2	13 5 Squat Jumps 7 Knee Raises	14 5 Crunches 7 Arm Circles	15 FLY A KITE
16 7 Squat Jumps 10 Arm Circles	17 7 Crunches 10 Knee Raises	18 7 Squat Jumps 10 Arm Circles	19 ANIMALS TASK CARD #1	20 7 Squat Jumps 10 Knee Raises	21 7 Crunches 10 Arm Circles	22 WALK ON A NATURE TRAIL
23 10 Squat Jumps 12 Arm Circles	24 10 Crunches 12 Knee Raises	25 10 Squat Jumps 12 Arm Circles	26 WEATHER TASK CARD #2	27 10 Squat Jumps 12 Knee Raises	28 10 Crunches 12 Arm Circles	29 MAKE SOMETHING WITH TIE DYE

**July is National Parks and Recreation Month!** - Encourage kids to stay active and spend time outdoors this month. They can perform these activities at home or at a local park!



Refer to Task Cards 1&2 on Page 3



For Arm Circles and Knee Raises, repeat for each side

**Find the visuals & descriptions for each fitness activity below.**

**Special thanks to:**



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS MVP



## SQUAT Jumps

Start with feet shoulder width apart.  
Squat down (sit back) with arms  
extended. Explode up and reach up.  
Land softly on both feet. *Repeat.*

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FITNESS BREAKS PRE-GAME



## Knee RAISE

Stand tall, lift one knee up  
towards the chest and hold.  
*Alternate knees.*

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**TASK CARDS**

## **ANIMALS**

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear

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**TASK CARDS**

## **WEATHER**

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing

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