

FITNESS CHALLENGE

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 12 Squat Jumps 15 Arm Circles	31 12 Crunches 15 Knee Raises					PLAY TENNIS AT A LOCAL PARK
3 Squat Jumps 5 Arm Circles	3 Crunches 5 Knee Raises	3 Squat Jumps 5 Arm Circles	5 ANIMALS TASK CARD #1	6 3 Squat Jumps 5 Knee Raises	7 3 Crunches 5 Arm Circles	PRACTICE THROWING A BASEBALL
5 Squat Jumps 7 Arm Circles	5 Crunches 7 Knee Raises	5 Squat Jumps 7 Arm Circles	12 WEATHER TASK CARD #2	5 Squat Jumps 7 Knee Raises	5 Crunches 7 Arm Circles	15 FLY A KITE
7 Squat Jumps 10 Arm Circles	7 Crunches 10 Knee Raises	7 Squat Jumps 10 Arm Circles	19 ANIMALS TASK CARD #1	7 Squat Jumps 10 Knee Raises	7 Crunches 10 Arm Circles	WALK ON A NATURE TRAIL
23 10 Squat Jumps 12 Arm Circles	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

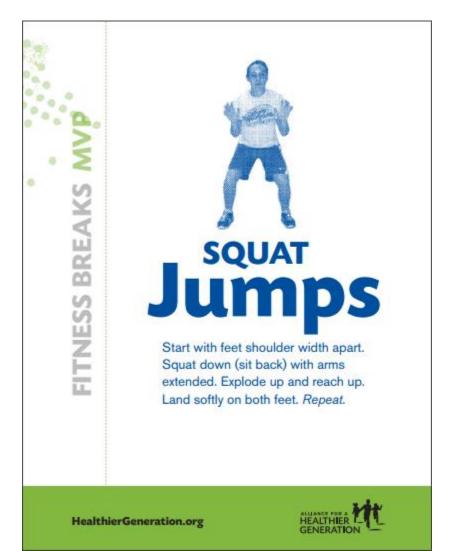
For Arm Circles and Knee Raises, repeat for each side

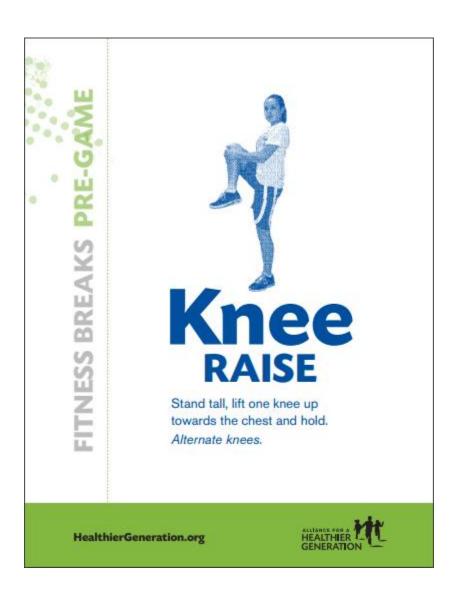
Find the visuals & descriptions for each fitness activity below.

Special thanks to:



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





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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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ASK 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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