





# FITNESS CHALLENGE

July 2025

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

**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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# 1

## 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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# 2

## 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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