





FITNESS CHALLENGE

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3 Leg Raises 3 Sumo Squats	2 3 Side Lunges 3 Tricep Dips	3 3 Leg Raises 3 Sumo Squats	4 Jumping Jacks (30 seconds)
5 5 Side Lunges 5 Tricep Dips	6 5 Leg Raises 5 Sumo Squats	7 5 Side Lunges 5 Tricep Dips	8 5 Leg Raises 5 Sumo Squats	9 5 Side Lunges 5 Tricep Dips	10 5 Leg Raises 5 Sumo Squats	11 Jumping Jacks (45 seconds)
12 7 Side Lunges 7 Tricep Dips	13 7 Leg Raises 7 Sumo Squats	14 7 Side Lunges 7 Tricep Dips	15 7 Leg Raises 7 Sumo Squats	16 7 Side Lunges 7 Tricep Dips	17 7 Leg Raises 7 Sumo Squats	18 Jumping Jacks (60 seconds)
19 FAMILY FITNESS WEEK	20 FAMILY FITNESS WEEK	21 FAMILY FITNESS WEEK	22 FAMILY FITNESS WEEK	23 FAMILY FITNESS WEEK	24 FAMILY FITNESS WEEK	25 FAMILY FITNESS WEEK
26 10 Side Lunges 10 Tricep Dips	27 10 Leg Raises 10 Sumo Squats	28 10 Side Lunges 10 Tricep Dips	29 10 Leg Raises 10 Sumo Squats	30 10 Leg Raises 10 Sumo Squats		

November Fitness Challenge Calendar – Use our November calendar for fitness exercise ideas, plus activities for Family Fitness to do at home with family members over school break!

 FAMILY FITNESS WEEK – Refer to the activity list starting on Page 2

 Side Lunges – Complete one rep by alternating each leg

Special thanks to:



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

Family Fitness Week Ideas

Check off the activities you choose to do this month! *(Be sure to stay safe and follow the rules for social distance)*

	Visit your local school track and go for a run
	Ride your bikes around the block or on a trail
	Put together a Fitness Scavenger Hunt (print fitness activities & tape them to the items – find a red ball and volley it 5 times, then find the next item)
	Work in the garden, or start a new garden as a family
	Learn a new dance from a different era, like the Electric Slide
	Go swimming in a pool, lake or pond
	Go paddle boarding
	Go hiking on a local trail, mountain, or nature center
	Write a list of your favorite fitness activities on index cards and place them in a box. Each family member picks a card from the box each day, and everyone does the activities together (play frisbee, go for a walk, etc.)
	Fly a kite
	Run in a race together – find a charity event or walk for a cause
	Rake leaves and jump into the piles
	Play sports outside (badminton, baseball, soccer)
	Go bowling
	Go golfing
	Go ice skating
	Visit a zoo or museum and wear pedometers to track your steps
	Go fishing

	Take a scenic hike as a family
	Create an obstacle course with simple items, like hula hoops and swing sets
	Play Flag Football
	Play outdoor games like Tag, Hopscotch, or Four Square
	Visit a local water park
	Create a fun coordinated dance together as a family and make a video
	Learn some new Yoga poses
	Go rollerblading or ride scooters
	Learn a karate move
	Host a Jump Rope competition
	Play laser tag
	Visit a trampoline park
	Have a water balloon fight
	Visit a Fitness Center and try a few of the classes they offer (Zumba, Jazzercise)
	Go indoor rock climbing
	Play a game of Clean the House and make it a race (set a timer and see who can clean their room the quickest)
	Play outdoor toss games (horseshoes, ladder toss, cornhole)
	Go for a walk on the beach and collect seashells
	Create a family play and perform it for friends and neighbors
	Come up with a list of simple exercises during TV commercial breaks (sit-ups, run in place)
	Go to a park and play catch, kickball, or wiffle ball
	Take the dog for a walk
	Visit a playground and share memories of your favorite activities (swing set, monkey bars)
	Start a Sports Night, where you choose a new sport to practice each day

	Organize neighborhood games, like Capture the Flag
	Partner up for a two-legged race
	Practice basketball moves at a local court, like dribbling, dunking, and passing
	Go kayaking or canoeing
	Play a game of Family Tug-of-War
	Host a fun Limbo competition
	Play an active game of Charades
	Stand in a circle and see how many times you can pass/toss a ball without dropping it
	Do a virtual museum visit and walk the steps to get your exercise in