



# Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30 Squat Challenge</b>  Complete 10 sets of 10 squats before the end of the day. Use weights for an added challenge.	<b>31</b> Gather your family together and perform a line dance in the living. Here are some to try: Electric Slide Cha Cha Slide Cupid Shuffle	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.		<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>Safe Toys and Gifts Month</li> </ul> Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a>		<b>1 Couch Potato Circuit</b> Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats
<b>2 Toe Touch Kicks</b>  Lift your left leg forward and touch your toe then repeat on your right leg.	<b>3 Code Word</b> When you hear the word "Hanukkah" complete 10 jumping jacks.	<b>4</b> At your desk complete the following for 10 seconds each: March in place Toe Touch Kicks Alternating Lunges	<b>5 Cardio/ Agility Circuit</b> Sprint forward 10 steps Side Shuffle Left 10 steps Back Peddle 10 steps Side Shuffle Right 10 steps	<b>6</b> Wall Sit 10 seconds Russian Twist 10 seconds Plank 10 Seconds	<b>7 Jump Rope!</b> Try Single Side Swing and Jump! Twirl the rope to the left side, jump over rope; twirl the rope to the right side, jump over rope. Repeat 10 times.	<b>8</b> 10 squat jumps 10 alternating lunges 10 vertical jumps  Repeat 3 times
<b>9</b> Gather your family together and perform a line dance in the living. Here are some to try: Electric Slide Cha Cha Slide Cupid Shuffle	<b>10 Inch Worms</b> Stand up & bend at the hips. Walk your hands out until you are in plank position. Walk your feet forward to meet your hands and stand back up. Repeat 10 times.	<b>11 Scissor Jumps</b> Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs.  Complete 3 sets of 10	<b>12 10 High Knee Twists</b> Complete normal high knees bringing your right elbow to your left knee and left elbow to your right knee.	<b>13 Walking Knee Hugs</b> Walk forward and alternate hugging each knee every step.	<b>14 Boat Pose</b> Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too! 	<b>15 Bundle up</b> Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!
<b>16 Cardio and Abs!</b> 10 burpees 10 frog jumps 10 Russian twists (each side) 10 second plank Repeat!	<b>17</b> Boxer Shuffle 10 seconds 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat	<b>18</b> 10 arm circles (forward and backward) 10 shoulder shrugs (forward and backward) 10 standing trunk rotations (hands on hips or straight out to side).	<b>19</b> 10 Squat Kicks 10 High Knee Twists 10 Scissor Jumps  Repeat 3 times.	<b>20 Code Word</b> When you hear the word "Christmas" complete 10 jumping jacks.	<b>21 Family Freeze Dance</b> Play your favorite holiday song and have someone stop the music randomly. When the music stops- freeze!	<b>22 Plank Off!</b> Challenge a friend, sibling or parent to a plank off. Who can hold their plank the longest?
<b>23 Dolphin Pose</b> Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds. 	<b>24 Cardio/ Agility Circuit</b> Sprint forward 10 steps Side Shuffle Left 10 steps Back Peddle 10 steps Side Shuffle Right 10 steps	<b>25</b> 10 squat jumps 10 alternating lunges 10 vertical jumps  Repeat 3 times	<b>26 Couch Potato Circuit</b> Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats	<b>27 10 Squat Kicks</b> Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg.	<b>28</b> 10 Broad Jumps 10 High Knees 10 Tuck Jumps Rest 60 seconds and repeat. Don't forget to stretch!	<b>29</b> Sprint for 10 seconds rest for 30 seconds. Repeat.  Can you do this 10 times?