

# December 2005 - Wellness Challenge

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CHOICE #1</b>		<b>** Practice Preventive Medicine - Exercise! **</b>		<sup>1</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>2</sup> Practice different balances and exercises when a commercial comes on TV.	<sup>3</sup> Go on a short hike or a walk around the block w/ a parent.
<sup>4</sup> Who in your family can do the most jumping jacks in 60 seconds (1 minute)?	<sup>5</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>6</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>7</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>8</sup> Practice throwing and catching. Use a ball or rolled up socks.	<sup>9</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>10</sup> Play Balloon Volleyball or Keep It Up with a partner or parent.
<sup>11</sup> Go on a short hike or a walk around the block 2-5 times w/ a parent.	<sup>12</sup> Tap a balloon to yourself or partner for 2-5 minutes.	<sup>13</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>14</sup> Do shadow boxing for 3-5 minutes, then 3 different stretches.	<sup>15</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>16</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>17</sup> Skip, jog, or gallop around your block 2-5 times w/ a parent.
<sup>18</sup> Take a 30 minute walk with your family.	<sup>19</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>20</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>21</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>22</sup> While watching TV, practice push-ups. Try to clap on each push-up.	<sup>23</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>24</sup> Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)
<sup>25</sup> Practice different balances and exercises when a commercial comes on TV.	<sup>26</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>27</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>28</sup> Practice throwing and catching. Use a ball or rolled up socks.	<sup>29</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>30</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>31</sup> Tap a balloon to yourself or partner for 2-5 minutes.

**In an effort to “Develop Active Minds and Active Bodies for Life”,  
we’re asking that students and their families commit to exercising on a regular basis.  
That means exercising 4-7 times per week for at least 20-30 minutes.”**

I certify that my son/daughter, \_\_\_\_\_, completed the Wellness Challenge.  
**Student Signature:** \_\_\_\_\_ **Parent/Guardian Signature:** \_\_\_\_\_

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<b>CHOICE #2</b>		<i>** Practice Preventive Medicine - Exercise! **</i>		<sup>1</sup> Activity/ Sport:	<sup>2</sup> Activity/ Sport:	<sup>3</sup> Activity/ Sport:
<sup>4</sup> Activity/ Sport:	<sup>5</sup> Activity/ Sport:	<sup>6</sup> Activity/ Sport:	<sup>7</sup> Activity/ Sport:	<sup>8</sup> Activity/ Sport:	<sup>9</sup> Activity/ Sport:	<sup>10</sup> Activity/ Sport:
<sup>11</sup> Activity/ Sport:	<sup>12</sup> Activity/ Sport:	<sup>13</sup> Activity/ Sport:	<sup>14</sup> Activity/ Sport:	<sup>15</sup> Activity/ Sport:	<sup>16</sup> Activity/ Sport:	<sup>17</sup> Activity/ Sport:
<sup>18</sup> Activity/ Sport:	<sup>19</sup> Activity/ Sport:	<sup>20</sup> Activity/ Sport:	<sup>21</sup> Activity/ Sport:	<sup>22</sup> Activity/ Sport:	<sup>23</sup> Activity/ Sport:	<sup>24</sup> Activity/ Sport:
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