

# November 2006 - Wellness Challenge

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CHOICE #1</b>		15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>1</sup> Write down 20 activities you can do to improve your health.	<sup>2</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>3</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>4</sup> Go on a short hike or a walk around the block 2-5 times w/ a parent.
<sup>5</sup> Go on a short hike or a walk around the block w/ a parent.	<sup>6</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>7</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>8</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>9</sup> Practice throwing and catching. Use a ball or rolled up socks.	<sup>10</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>11</sup> Teach your family an activity you learned in PE.
<sup>12</sup> Practice jumping in the air & click your heels together. Try to do for 1 minute.	<sup>13</sup> Use a balloon & try to bump it 30 times using your forearms.	<sup>14</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>15</sup> Tap a balloon to yourself or partner for 2-5 minutes.	<sup>16</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>17</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>18</sup> While watching TV, sit on the floor and pretend like you are rowing a boat.
<sup>19</sup> Inflate a balloon & play a volleyball game over a rope.	<sup>20</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>21</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>22</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>23</sup> Find 6 paper cups & see how quickly you can upstack & downstack them in a pyramid pattern.	<sup>24</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>25</sup> Practice throwing and catching. Use a ball or rolled up socks.
<sup>26</sup> Put a soup can in each hand & move them up, down, out, in as you walk around the room.	<sup>27</sup> Jump rope or pretend jump rope for 5-10 minutes.	<sup>28</sup> 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	<sup>29</sup> Practice different balances and exercises when a commercial comes on TV.	<b>** Prevent couch potatoes while they're still small fries **</b>		

In an effort to "Get Active! Stay Active!", 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 - UPPER</b>			<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: _____
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