

# December 2006 - Wellness Challenge

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

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

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

# December 2006 - Wellness Challenge

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CHOICE #2</b>		<i>** Practice Preventive Medicine - Exercise! **</i>		<i>“Get Fit! Stay Fit!”</i>		
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.”				7 Activity/ Sport:	8 Activity/ Sport:	9 Activity/ Sport:
10 Activity/ Sport:	11 Activity/ Sport:	12 Activity/ Sport:	13 Activity/ Sport:	14 Activity/ Sport:	15 Activity/ Sport:	16 Activity/ Sport:
17 Activity/ Sport:	18 Activity/ Sport:	19 Activity/ Sport:	20 Activity/ Sport:	21 Activity/ Sport:	22 Activity/ Sport:	23 Activity/ Sport:
24 Activity/ Sport:	25 Activity/ Sport:	26 Activity/ Sport:	27 Activity/ Sport:	28 Activity/ Sport:	29 Activity/ Sport:	30 Activity/ Sport:
31 Activity/ Sport:	<i>January 1</i> Activity/ Sport:	2 Activity/ Sport:	3 Activity/ Sport:	4 Activity/ Sport:	5 Activity/ Sport:	6 Activity/ Sport:
7 Activity/ Sport:	8 Activity/ Sport:	9 Activity/ Sport:	10 Activity/ Sport:	11 Activity/ Sport:	12 Activity/ Sport:	13 Activity/ Sport:

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_