


November 2008 - Wellness Challenge



Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #1 (Upper)						1
2	3 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	4 Practice jumping rope-can you jump 100 times in a row with no stops. Can you do it gain?	5 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	6 Practice throwing and catching. Use a ball or rolled up socks.	7 Jump rope or pretend jump rope for 5-10 minutes.	8 Play Balloon Volleyball or Keep It Up with a partner or parent.
9 Practice different balances and exercises when a commercial comes on TV.	10 Tap a balloon to yourself or partner for 2-5 minutes.	11 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	12 Do shadow boxing for 3-5 minutes, then 3 different stretches.	13 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	14 Skip, jog, or gallop around your block 2-5 times w/ a parent.	15 Go on a short hike or a walk around the block w/ a parent.
16 Take a 30 minute walk with your family.	17 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	18 Jump rope or pretend jump rope for 5-10 minutes.	19 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	20 While watching TV, practice push-ups. Try to clap on each push-up.	21 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	22 Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)
23 Dance any chance you can today. Ask your parent to dance with you.!	24 Jump rope or pretend jump rope for 5-10 minutes.	25 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	26 Crab walk around the house tonight-be careful going up and down stairs!	27 	28 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	29 Make a list of ten fun things to do today-do one every hour with a different member of your family.
30 Go on a short hike or a walk around the block 2-5 times w/ a	1 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	2 Pretend you are a leaf blowing around in the wind! Dance with your arms, dance with your legs.	** "True enjoyment comes from activity of the mind and exercise of the body; the two are united."			

**Cardio Play
Every
Day!**

**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: _____



November 2008 - Wellness Challenge



Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #2 (Upper)						¹ 
		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: _____	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: _____	¹ Activity/ Sport: _____	² Activity/ Sport: _____	** "True enjoyment comes from activity of the mind and exercise of the body; the two are united."			



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Play during recess-
 makes your heart beat fast!