

January 2009 - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #1 (Primary)			Dance any chance you can today. Ask your parent to dance with you after work.	¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	² Jump rope or pretend jump rope for 5-10 minutes.	³ Walk along a curb or balance on a balance beam today.
⁴ Practice juggling w/ socks or soft balls. Go to: http://www.acm.uiuc.edu/webmonkeys/juggling/ for tips.	⁵ Tap a balloon to yourself or partner for 2-5 minutes.	⁶ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁷ Do shadow boxing for 3-5 minutes, then 3 different stretches.	⁸ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁹ Jump rope or pretend jump rope for 5-10 minutes.	¹⁰ Skip, jog, or gallop around your block 2-5 times w/ a parent.
¹¹ Build a snowman out of pillows; put in front of a door. Throw sock balls at the snowman and try to knock it down. Try again!	¹² 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹³ Jump rope or pretend jump rope for 5-10 minutes.	¹⁴ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁵ Practice throwing and catching. Use a ball or rolled up socks.	¹⁶ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁷ Lay down and make angels in the pretend snow!
¹⁸ Take a 30 minute walk with your family.	¹⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁰ Jump rope or pretend jump rope for 5-10 minutes.	²¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²² While watching TV, practice push-ups. Try to clap on each push-up.	²³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁴ Practice different balances and exercises when a commercial comes on TV.
²⁵ Play Balloon Volleyball or Keep It Up with a partner or parent.	²⁶ Who in your family can do the most jumping jacks in 60 seconds (1 minute)?	²⁷ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁸ Practice throwing and catching. Use a ball or rolled up socks.	Merry Fitness and a Happy New You!		



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: _____