


November 2009 - Wellness Challenge



Name: _____ Teacher: _____

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

**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."**

**Cardio Play
Every
Day!**

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ Parent/Guardian Signature: _____

