

February 2009 - Wellness Challenge

Name: _____ Teacher: _____

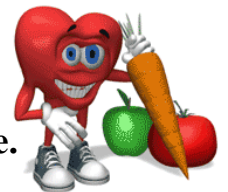
UPPER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>CHOICE #1</u> February is American Health Month. Try and do some cardio activity every day for a healthy heart!</p>		<p>³ Who in your family can do the most jumping jacks in 60 seconds (1 minute)?</p>	<p>⁴ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>⁵ Jump rope or pretend jump rope for 5-10 minutes.</p>	<p>⁶ Practice different balances and exercises when a commercial comes on TV.</p>	<p>⁷ Go on a short hike or a walk around the block w/ a parent.</p>
<p>⁸ Take a 30 minute walk with your family.</p>	<p>⁹ Tap a balloon to yourself or partner for 2-5 minutes.</p>	<p>¹⁰ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>¹¹ Jump rope or pretend jump rope for 5-10 minutes.</p>	<p>¹² 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>¹³ Practice throwing and catching. Use a ball or rolled up socks.</p>	<p>¹⁴ Play Balloon Volleyball or Keep It Up with a partner or parent.</p>
<p>¹⁵ Skip, jog, or gallop around your block 2-5 times with a parent.</p>	<p>¹⁶ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>¹⁷ Do shadow boxing for 3-5 minutes, then 3 different stretches.</p>	<p>¹⁸ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>¹⁹ While watching TV, practice push-ups. Try to clap on each push-up.</p>	<p>²⁰ Jump rope or pretend jump rope for 5-10 minutes.</p>	<p>²¹ Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)</p>
<p>²² Practice different balances and exercises when a commercial comes on TV.</p>	<p>²³ Jump rope or pretend jump rope for 5-10 minutes.</p>	<p>²⁴ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>²⁵ Practice throwing and catching. Use a ball or rolled up socks.</p>	<p>²⁶ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)</p>	<p>²⁷ March in place 100, 200, or 300 times. Repeat</p>	<p>²⁸ Put a soup can in each hand & move them up, down, out, in as you walk around the room. or house.</p>

**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: _____



February 2009 - Wellness Challenge

Name: _____ Teacher: _____

UPPER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>CHOICE #2</u> February is American Health Month. Try and do some cardio activity every day for a healthy heart!		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: _____	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: _____

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