

September 2009 - Wellness Challenge

Name: _____ Teacher: _____



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|---|--|
| CHOICE #1 (Primary) | | ¹ Jump rope or pretend jump rope for 5-10 minutes. | ² 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ³ Do shadow boxing for 3-5 minutes, then 3 different stretches. | ⁴ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ⁵ Take a 30 minute walk with your family. |
| ⁶ Dance any chance you can today. Ask your parent to dance with you.! | ⁷ Tap a balloon to yourself or partner for 2-5 minutes. | ⁸ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ⁹ Practice different balances and exercises when a commercial comes on TV. | 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 Play Balloon Volleyball or Keep It Up with a partner or parent. |
| ¹³ Go on a short hike or a walk around the block w/ a parent. | ¹⁴ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ¹⁵ While watching TV, practice push-ups. Try to clap on each push-up. | 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 Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.) |
| ²⁰ Practice throwing and catching. Use a ball or rolled up socks. | ²¹ Jump rope or pretend jump rope for 5-10 minutes. | ²² 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ²³ Dance any chance you can today. Ask your parent to dance with you after school. | ²⁴ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ²⁵ Walk along a curb or balance on a balance beam today. | ²⁶ Go on a short hike or a walk around the block 2-5 times w/ a parent. |
| ²⁷ Skip, jog, or gallop around your block 2-5 times w/ a parent. | 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 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms) | ** "Exercise and physical fitness is important for the well being of every child. ** | | |

Start the School year off right-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:** _____

