







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances</p> <ul style="list-style-type: none"> National Autism Awareness Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month April 7: World Health Day 			<p>1</p> <p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p> 	<p>2 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>3 Crane Pose</p> <p>Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>4 4 Walls</p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> -side shuffle -grapevine to left then right -wide stance punches -vertical jumps
<p>5 Mindful Snack</p> <p>When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p>6 Balance</p> <p>Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>	<p>7 World Health Day</p> <p>Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.</p>	<p>8 10 Jump Lunges</p> <p>Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p>	<p>9 Tabata</p> <p>Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>10 Before Bed Breathing</p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>11 Dribble Challenge</p> <p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p>12 Fish Pose</p> <p>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds</p> 	<p>13 Card Fitness</p> <p>Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice</p>	<p>14 Wild Arms</p> <p>As fast as you can complete:</p> <ul style="list-style-type: none"> 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's <p>Repeat 3x</p>	<p>15 Mindful Senses</p> <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste 	<p>16 Jump rope to music!</p> <p>Can you jump to an entire song without stopping?</p>	<p>17 How Fast Can You Go?</p> <p>Pick a distance and see how fast you can run the distance.</p>	<p>18 Slide, Slide, Sprint</p> <p>Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.</p>
<p>19 Garland Pose</p> <p>Practice your balance with this pose!</p> 	<p>20 Tabata</p> <p>Tuck Jumps 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>21 Commercial Break</p> <p>Can you hold a plank for an entire TV commercial break?</p>	<p>22 Nighttime Note</p> <p>Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.</p>	<p>23 Chair Pose</p> <p>Hold for 30 seconds, relax then repeat.</p> 	<p>24 Positive Talk</p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>25 Jump, Jump</p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>
<p>26</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>27 Paper Plate Planks</p> <p>In plank position with paper plates under your feet. Complete 30s each:</p> <ul style="list-style-type: none"> -mountain climbers -in and out feet -knees to chest 	<p>28 Step Jumps</p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>29 A Gratitude Attitude</p> <p>Write down something you're thankful for and why.</p>	<p>30</p> <p>Try Savasana again. Use this to relax and wind down all year!</p> 	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p> <p>Yoga photos from www.forteyoga.com</p>	