



# March 2017

## Physical Activity Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DIRECTIONS:</b></p> <p><b>For each daily activity, execute the movement for 1 minute or the indicated number of repetitions.</b></p>			<p><b>1 Breathing</b> Take a deep breath in, and raise arms out to the side until they are overhead. Exhale and lower arms down to sides. Repeat 5 times.</p>	<p><b>2 Run</b> Run a race in place! See how fast you can run right on your spot. Do this for 1 minute.</p>	<p><b>3 Balance</b> On 1 foot balance as long as possible. <b>Challenge:</b> Can you do it with your eyes closed? Try it on the other foot.</p>	4
5	<p><b>6 Side Stretch</b> Stand with your legs apart, reach right arm up and overhead towards the left, feeling a total stretch on the right side of the body. Repeat left arm.</p>	<p><b>7 The Jumping Leprechaun</b> Jump as high as you can, attempting to click your heels together underneath you. Repeat for 1 minute.</p>	<p><b>8 Squats</b> Stand with legs shoulder width apart. Bend knees forward and lower body until thighs are parallel to the floor. Straighten up. Repeat 20 times.</p>	<p><b>9 Jump Rope</b> Pretend you have a jump rope, and jump for 100 consecutive jumps. Do these 10 different times today to strengthen your heart and lungs.</p>	<p><b>10 Elbow Circles</b> Bend both arms and stick out your elbows to the side. Make circles in the air using your elbows. Go forward, backward, fast and slow.</p>	11
12	<p><b>13 Spring Break</b></p>	<p><b>14 Spring Break</b></p>	<p><b>15 Spring Break</b></p>	<p><b>16 Spring Break</b></p>	<p><b>17 Spring Break</b></p>	18
19	<p><b>20 Jumping Jacks</b> Complete as many jumping jacks as you can in 1 minute.</p>	<p><b>21 Body Bend</b> Feet together, arms overhead, bend from the waist and touch your toes. Hold for 10 seconds. Return to starting position. Repeat 5 times.</p>	<p><b>22 Shadow Boxing</b> Without touching anyone, punch down to the ground towards your own shadow.</p>	<p><b>23 Leg Stretch</b> Stand with legs shoulder width apart. Bend over touching only the right leg, and hold for 10 seconds. Try left, then center reach for both legs.</p>	<p><b>25 Jump and Twist</b> Stand with feet together. Jump and twist your body at the same time without letting your feet come apart. Do this for 1 minute.</p>	24
25	<p><b>26 Windmills</b> Stand with legs shoulder width apart. Hold arms out in a "T". Reach opposite hand to opposite foot. Alternate and repeat 10 times.</p>	<p><b>27 Free Style Dance</b> When the music begins, dance and move to the music!</p>	<p><b>28 March in Place</b> Keep your knees high each time you step, and pump your arms like a soldier as you march. Do this for 1 minute.</p>	<p><b>29 Arm Circles</b> Circle both arms forward, then backward, make small circles, then large circles. <b>Challenge:</b> circle arms with fingers pointing down.</p>	<p><b>30 Arm Circles</b> Circle both arms forward, then backward, make small circles, then large circles. <b>Challenge:</b> circle arms with fingers pointing down.</p>	31

