



HEALTHY KIDS DAY[®]

VIRTUAL

5K

INDOOR

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|--|-------------|---|--|---|--|
| <p>Planning Day! Print this and tape it to your fridge. Discuss goals with your family!!</p> | <p>Do a wheelbarrow, crab, or bear-walk race!</p> | <p>REST</p> | <p>Get running! Start with 1 minute of running arms then jog in place. Slowly - 5 min Faster - 5 min Slowly - 5 min</p> | <p>REST</p> | <p>Strike! Set up hallway bowling with filled up water bottles and any ball you have.</p> | <p>Just jump! Grab a jump rope (or pretend you have one) and jump for 5 min. Drop and do crunches for 1 min. REPEAT twice</p> |
| <p>Find a fun yoga or meditation video online and follow along.</p> | <p>Play Balloon Ball. Try to keep the balloon off the ground or just play catch.</p> | <p>REST</p> | <p>Play Follow the Leader with a twist by adding in energizing movements like jumping, skipping, and squatting.</p> | <p>REST</p> | <p>Hopscotch! Use chalk or tape to make a game on your floor or outside</p> | <p>Go Sock Skating! Put on socks and go skating on any hard surfaced floors in your home. Try spins and hockey stops.</p> |
| <p>Popcorn Push-Ups! Put a small bowl of popcorn on the floor. Lower yourself and grab a piece with each thrust.</p> | <p>Free choice day! Make up an activity or repeat one you've already done.</p> | <p>REST</p> | <p>Get Jumping! Get your heart rate up by doing 25 jumping jacks.</p> | <p>REST</p> | <p>Do 20-30 min of stretching or yoga today.</p> | <p>Find a fun dance workout online and follow along.</p> |
| <p>Create an obstacle course in your home. Over, under and around! Time it and try to be at your best in at least ten tries!</p> | <p>Have a 25 minute Dance Party!</p> | <p>REST</p> | <p>Get running! Start with 1 minute of running arms then jog in place. Slowly - 5 min Faster - 5 min Slowly - 5 min</p> | <p>Free Choice Day! Invent a challenge or repeat one you have done this month.</p> | <p>REST</p> | <p>Virtual 5K and Fun Race Day!</p> |