




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>American Diabetes Month</li> <li>Lung Cancer Awareness Month</li> </ul>		<b>Extra Halloween candy?</b> -Check out <a href="#">Operation Gratitude</a> to send a package to troops  -Participate in a <a href="#">local candy "buy back"</a>	<b>1</b> Jump rope as fast as you can for one minute, then rest for 1 minute.  Repeat 6-8 times.	<b>2</b> <b>Walking</b> Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions	<b>3 Side to Side Jumps</b> Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!	<b>4</b> <b>Balance</b> 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.
<b>5</b> <b>Stairs</b> Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	<b>6</b> <b>Jump rope to music!</b> Can you jump to an entire song without stopping?	<b>7</b> <b>Cow Pose</b> On all fours arch your back with your head looking up while your tummy is pushed toward the ground. 	<b>8 Card Fitness</b> Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. ♠- jumping jacks ♣- squats ♥- mountain climbers ♦- Your choice	<b>9</b> <b>Commercial Planks</b> Can you plank during an entire commercial break?	<b>10</b> <b>Leg Day!</b> 20 squats 20 walking lunges 20 high knees	<b>11</b> <b>Cat Pose</b> On all fours round your back pulling you spine towards the ceiling while looking at the ground. 
<b>12</b> <b>Shuffle Squat</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	<b>13</b> <b>4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	<b>14</b> See how many times you can run around the outside of your house without stopping. Check your pulse when done.	<b>15</b> <b>Basketball Shooting Target Practice</b> Using an empty laundry basket or bucket, practice shooting a small object inside. Each time you make it take a step back.	<b>16</b> <b>Balloon Tennis</b> Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand	<b>17</b> <b>Jump rope to music!</b> Can you jump to an entire song without stopping?	<b>18</b> <b>Side to Side Jumps</b> Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!
<b>19</b> 10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps	<b>20</b> <b>Cow-Cat Pose</b> Try your cow and cat yoga poses together. 	<b>21</b> <b>Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<b>22</b> <b>Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>23</b> Jump rope as fast as you can for one minute, then rest for 1 minute.  Repeat 6-8 times.	<b>24</b> <b>High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	<b>25</b> <b>Clap and Catch</b> Throw a soft object up into the air. See how many times you can clap before you catch it.
<b>26</b> <b>Leg Day!</b> 20 squats 20 walking lunges 20 high knees	<b>27</b> <b>Shuttle Run</b> Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	<b>28</b> <b>Target Practice</b> Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!	<b>29</b> <b>Jump!</b> 10 vertical jumps 10 broad jumps 10 side-to-side jumps	<b>30</b> <b>Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	<b>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!</b>	