







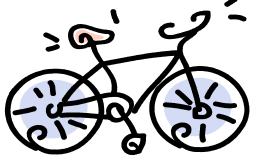
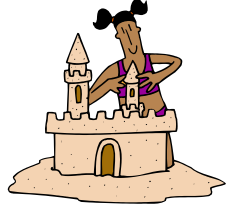




# August 2010

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Gather up your family for some street hockey today!</p>	<p>2 Try 3 sets of 10 frog jumps-one set before each meal!</p> 	<p>3 Ball rollouts-find a small ball and kneel down and place hands on ball. Slowly roll ball out as far as you can and roll it back up. Try 3 sets of 15!</p>	<p>4 Grab bottles of laundry detergent or shampoo and try some bicep curls-try 25 on each arm.</p>	<p>5 Try the plank position today-hold a pushup position for as long as you can!</p> 	<p>6 Lay on your side and lift your right leg up and down 25 times. Flip over to the other side and do the left leg. Repeat 2 more times on each leg.</p>	<p>7 Toss around the football with a friend or parent.</p> 
<p>8 Take a nice long walk on the beach, by a lake, or park.</p> 	<p>9 See if you can do lunges around the entire outside of your house.</p>	<p>10 Grab your shampoo bottles or soup cans and do side bends with them. Aim for 50 on each side!</p> 	<p>11 Lie on your back, arms flat on the ground by your sides. Lift your shoulders off the ground and try to touch your right hand to your right foot. Repeat on other side. 3 sets of 25.</p>	<p>12 Get in pushup position; bring one leg towards your chest. Quickly switch the front leg back to pushup position and bring the other leg in. Try 4 sets of 25.</p>	<p>13 Grab a shampoo bottle and hold it with both hands over your head. Slowly lower your arms behind your head and then straighten your arms back up. Try 3 sets of 10.</p>	<p>14 Play some of your favorite pool games today-Sharks and Minnows, Marco Polo, or any other game!</p>
<p>15 Take a family swimming trip! Either to your neighborhood pool or out on a lake/ocean!</p>	<p>16 Place your hands against the wall and try 4 sets of however many pushups you can do!</p>	<p>17 Sit against the wall like you're sitting in a chair and hold a small ball over your head. Try to hold this position as long as you can 3 times throughout the day!</p>	<p>18 Try 3 sets of 10 long jumps- see how far you can go each time!</p> 	<p>19 Lie on your back with your legs straight up in the air and bottom slightly off the floor. Lift your shoulders up and try to reach your toes 25 times.</p>	<p>20 Stand on the edge of a step and try single leg calf raises-work on that balance as well! Try 2 sets of 20 on each leg.</p>	<p>21 Go for a walk with your parents and take your camera to capture the end of summer!</p>
<p>22 Hula hoop contest with the family! Winner gets to pick the healthy snack afterwards!</p>	<p>23 Try some squats today-stand feet shoulder width apart and lower your body until your thighs are parallel to the floor. See how many you can do!</p>	<p>24 Get in pushup position with your hands as close as you can get them. Try at least 10! If it's too hard, try putting your knees on the ground.</p>	<p>25 Try to do 100 jumping jacks today!</p> 	<p>26 Lie on your back lift legs in the air and bend knees. Move your left elbow to your right knee and then switch. Try to do this for a minute!</p>	<p>27 Try some relay races with friends today-try frog jumps, running backwards, sideways, figure 8's, whatever silly moves you can come up with!</p>	<p>28 Alternate walking and jogging around your neighborhood with an adult today!</p>
<p>29 Take a bicycle trip around the neighborhoods.</p>	<p>30 Try 3 sets of 10 v-ups today!</p> 	<p>31 Make up a creative dance incorporating all the fun things you did this summer and perform it for your family!</p>			<p>August is Children's Health Eye and Safety Month <a href="http://www.preventblindness.org">www.preventblindness.org</a></p>	