





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>National Health Observances</b> <ul style="list-style-type: none"> <li>American Heart Month</li> <li>National Children's Dental Health Month</li> <li>Teen Dating Violence Awareness Month</li> <li>Feb. 2 National Wear Red Day</li> </ul> ♥ = Heart Healthy Activities		1 <b>Just Dance ♥</b> Put your favorite song on and make up a dance to it!	2 <b>Follow the Leader ♥</b> Play Follow the Leader... with exercises! You can run, skip, and even dance! <b>Wear red!</b>	3 <b>Catch</b> Throw and catch with a partner(s). Practice using a variety of balls (e.g. a football, whiffle ball, and basketball.)
4 <b>Balloon Bounce</b> With a partner or by yourself try to keep a balloon in the air as long as you can.	5 <b>Jumping Beans ♥</b> Be creative and see how many different ways you can jump rope. Teach a friend.	6 <b>Carioca ♥</b> Move with your shoulders facing forward. Say to yourself: Side, front, side, back	7 <b>Red Light, Green Light ♥</b> Alternate rounds by hopping, galloping, running, sliding, skipping, and leaping.	8 <b>Jump Rope ♥</b> Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.	9 <b>Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	10 <b>Puppy Pose</b> Hold for 1-3 minutes breathing deeper into the pose. Rest if needed. 
11 <b>Reverse Tag ♥</b> All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round	12 <b>Crawl Like a Seal ♥</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	13 <b>Code Words ♥</b> While watching TV any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> valentine, love, red	14 <b>Frog Pose</b> Hold this pose for 30-60 seconds. 	15 <b>Crazy 8's ♥</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	16 <b>Active Word Showdown</b> Write down all of the active words you can think of. When you're finished go act them out!	17 <b>Around the House ♥</b> See how many times you can run around the outside of your house without stopping. Check your pulse when done.
18 <b>Jump, Jump ♥</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice and try to beat your score!	19 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥	20 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	21 <b>Skier Jump Rope ♥</b> While jumping rope jump side-to-side while keeping your feet together.	22 <b>Cardio and Stretch ♥</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.	23 <b>Frog Jump ♥</b> From the frog pose position, jump up and down and around your house. Have a frog race!	24 <b>Commercial Break</b> During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?
25 <b>Kick City ♥</b> 20 side kicks 20 front kicks 20 back kicks	26 <b>Cobra Pose</b> Lay down on your stomach and your chest bringing your arms back. 	27 <b>How Fast Can You Go? ♥</b> Pick a distance and see how fast you can run the distance.	28 <b>Jumping Beans ♥</b> Be creative and see how many different ways you can jump rope. Teach a friend.	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!		