

# December 2015

## Ten at a Time Activity Calendar



| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|--|---|--|---|--|
| <p><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></p> |   |  |   |  |   |  |
| 6<br>Toe Touch Kicks<br><br>Lift your left leg forward and touch your toe then repeat on your right leg.   | 7<br>Code Word<br><br>When you hear the word "Hanukkah" complete 10 jumping jacks.  | 8<br>At your desk complete the following for 10 seconds each:<br>March in place<br>Toe Touch Kicks<br>Alternating Lunges   | 9<br>Cardio/ Agility Circuit<br><br>Sprint forward 10 steps<br>Side Shuffle Left 10 steps<br>Back Peddle 10 steps<br>Side Shuffle Right 10 steps                  | 10<br>Wall Sit 10 seconds<br>Russian Twist 10 seconds<br>Plank 10 Seconds  | 11<br>Jump Rope!<br><br>Try Single Side Swing and Jump! Twirl the rope to the left side, jump over rope; twirl the rope to the right side, jump over rope. Repeat 10 times.   | 12<br>10 squat jumps<br>10 alternating lunges<br>10 vertical jumps<br><br>Repeat 3 times   |
| 13<br>Gather your family together and perform a line dance in the living.<br><br>Here are some to try:<br>Electric Slide<br>Cha Cha Slide<br>Cupid Shuffle   | 14<br>Inch Worms!<br>Start standing up; hinge at the hips and walk your hands out until you have a flat back and are completely supported on your hands and toes. Walk your feet forward to meet your hands and stand back up. Repeat 10 times. | 15<br>Scissor Jumps<br>Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs.<br><br>Complete 3 sets of 10 | 16<br>10 High Knee Twists<br><br>Complete normal high knees bringing your right elbow to your left knee and left elbow to your right knee.                        | 17<br>Walking Knee Hugs<br><br>Walk forward and alternate hugging each knee every step.  | 18<br>Hold Boat Pose three times for 10 seconds.<br><br>   | 19<br>Bundle up!<br><br>Take a 10 minute night-time stroll with the family and look at all the amazing holiday lights and decorations! |
| 20<br>Cardio and Abs!<br>10 burpees<br>10 frog jumps<br>10 Russian twists (each side)<br>10 second plank<br>Repeat!  | 21<br>Boxer Shuffle 10 seconds<br>10 Jabs Right<br>10 Jabs Left<br>10 Hooks Right<br>10 Hooks Left<br>Repeat  | 22<br>10 arm circles (forward and backward)<br>10 shoulder shrugs (forward and backward)<br>10 standing trunk rotations (hands on hips or straight out to side).                   | 23<br>10 Squat Kicks<br>10 High Knee Twists<br>10 Scissor Jumps<br><br>Repeat 3 times.  | 24<br>Code Word<br><br>When you hear the word "Christmas" complete 10 jumping jacks.   | 25<br>Family Freeze Dance<br><br>Play your favorite holiday song and have someone stop the music randomly. When the music stops-freeze!   | 26<br>Plank Off!<br><br>Challenge a friend, sibling or parent to a plank off. Who can hold their plank the longest?                    |
| 27<br>Remember Downward Dog from September? Dolphin Pose is the same thing except you are on your forearms. Hold Dolphin Pose three times for 10 seconds.<br><br>                                   | 28<br>Cardio/ Agility Circuit<br><br>Sprint forward 10 steps<br>Side Shuffle Left 10 steps<br>Back Peddle 10 steps<br>Side Shuffle Right 10 steps   | 29<br>10 squat jumps<br>10 alternating lunges<br>10 vertical jumps<br><br>Repeat 3 times   | 30<br>Couch Potato Circuit<br><br>Complete this while watching your favorite TV show.<br>10 Chair Dips<br>10 Sit Ups (feet under the couch for help)<br>10 Squats | 31<br>Gather your family together and perform a line dance in the living.<br><br>Here are some to try:<br>Electric Slide<br>Cha Cha Slide<br>Cupid Shuffle | <p><b>NATIONAL HEALTH OBSERVANCE</b></p> <ul style="list-style-type: none"> <li>Safe Toys and Gifts Month (preventing blindness)</li> </ul>  |  |

