





Keep Fit During Vacation



Exercise daily. Pick and choose or do them all!

EXERCISING BY THE NUMBERS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children are 25% of our population and 100% of our future.		Jog 1 lap around the block.	Play a 2 vs. 1 game.	Make 3 baskets in a row.	Run 4 sets of stairs.	Throw & hit a target 5 times in a row.
Run in place for 6 minutes.	Perform 7 different stretches while on your back.	Play a game of catch with a friend. Can you catch 8 in a row?	"9" in German means NO. How many laps can you jog around your house with no stops?	Perform 10 push-ups while your head is above & then below your feet.	From a sitting position, legs 12" apart, spend 11 minutes trying to stretch fingertips past your heels.	Jump a real or imaginary rope 12 times your age.
Do 13 (slow) stretches with arms & legs spread apart.	Try to complete 14 bent-knee sit-ups in 30 seconds.	Balance on one foot at a time for 15 seconds.	Perform 16 wall push-ups.	Practice 17 cartwheels alternating left and right sides.	Practice bouncing a ball between your legs 18 times.	In a one-hour TV program do 19 jumping jacks during each commercial break.
Find a step & step up & down 20 times with your right foot & then your left foot.	Perform 21 vertical power jumps, trying to get higher on each jump.	Perform 22 zigzag jumps in four different directions.	Hold a push-up position for 23 seconds from three different positions.	Practice your handstands. How many does it take to total 24 balanced seconds?	Measure off 25'. How many standing (2') jumps does it take to cover 25'?	Have 2 people hold a string (horizontally) 26" off the floor. Is anyone able to Limbo under?
Go on a 27-minute plus walk with your family.	How many seconds does it take to throw & catch a ball off a wall 28 times?	Write down 29 activities you can do to improve your health.	Raise your heart rate 30 beats a minute and keep it there for 15 minutes.	PASS UNDER  LIMBO		