



# FITNESS CHALLENGE

## July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 12 Squat Jumps 20 Arm Circles					1 3 Crunches 5 Arm Circles	2 PLAY TENNIS AT A LOCAL PARK
3 3 Squat Jumps 7 Arm Circles	4 5 Crunches 8 Knee Raises	5 3 Squat Jumps 7 Arm Circles	6 ANIMALS TASK CARD #1	7 3 Squat Jumps 8 Knee Raises	8 5 Crunches 7 Arm Circles	9 PRACTICE THROWING A BASEBALL
10 5 Squat Jumps 9 Arm Circles	11 7 Crunches 10 Knee Raises	12 5 Squat Jumps 9 Arm Circles	13 WEATHER TASK CARD #2	14 5 Squat Jumps 10 Knee Raises	15 7 Crunches 9 Arm Circles	16 FLY A KITE
17 7 Squat Jumps 12 Arm Circles	18 10 Crunches 12 Knee Raises	19 7 Squat Jumps 12 Arm Circles	20 ANIMALS TASK CARD #1	21 7 Squat Jumps 12 Knee Raises	22 10 Crunches 12 Arm Circles	23 WALK ON A NATURE TRAIL
24 10 Squat Jumps 15 Arm Circles	25 12 Crunches 15 Knee Raises	26 10 Squat Jumps 15 Arm Circles	27 WEATHER TASK CARD #2	28 10 Squat Jumps 15 Knee Raises	29 12 Crunches 15 Arm Circles	30 MAKE SOMETHING WITH TIE DYE

**July is National Parks and Recreation Month!** - Encourage kids to stay active and spend time outdoors this month. They can perform these activities at home or at a local park!

- Refer to Task Cards 1&2 on Page 3
- For Arm Circles and Knee Raises, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS MVP



# SQUAT Jumps

Start with feet shoulder width apart.  
Squat down (sit back) with arms  
extended. Explode up and reach up.  
Land softly on both feet. *Repeat.*

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FITNESS BREAKS PRE-GAME



# Knee RAISE

Stand tall, lift one knee up  
towards the chest and hold.  
*Alternate knees.*

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# 1

## TASK CARDS

### ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear

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# 2

## TASK CARDS

### WEATHER

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing

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