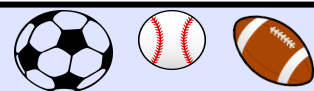










# September 2021 At-Home Fitness Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
29:	30:	31:	1: <b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	2: <b>Boogie Brush</b> While brushing your teeth move your hips in the same motion as your toothbrush.	3: <b>Bridge Pose</b> Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky.	4: <b>Underhand Toss Practice</b> Use an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.
5: <b>Jump, 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!	6: <b>Drizzle Challenge</b> Drizzle a ball 100 times with each hand.	7: <b>Kick City</b> 10 side kicks 10 front kicks 10 back kicks. Be sure to do 10 on each side!	8: <b>Yoga</b> is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	9: <b>Mindful Snack</b> When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	10: <b>Balancing Books</b> Can you walk while you balance a book on your head? What about 2 books?	11: <b>10 Minute Tidy</b> Set a timer or put on a song and see how quickly you can clean up a room in the house. If you have a sibling, then each pick a room and race each other!
12: <b>Cardio &amp; Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat....	13: <b>Walk/Run Challenge</b> Walk and run around your home five times. Each time try to go a little faster.	14: <b>Hopscotch Practice</b> Draw a hopscotch pattern outside and work on your jumping and hopping skills.	15: <b>Cardio Drumming</b> Have fun cardio drumming to your favorite song. Watch my YouTube video and drum along with me.	16: <b>Wild Arms</b> As fast as you can complete: -10 Arm Circles front & back -10 Forward punches -10 Raise the Roofs Repeat 3x	17: <b>Just Dance</b> Put your favorite song on and make up a dance to it! <b>Or</b> Do the Cha-Cha Slide 	18: <b>Clap &amp; Catch</b> Throw a ball or soft object up into the air. See how many times you can clap before you catch it.
19: <b>Walking Race</b> Pick a distance and challenge a friend to a speed walking race.	20: <b>Chair Pose</b> Hold for 30 seconds, relax then repeat. 	21: <b>Family Fun</b> Find time to laugh and move with family. Either go for a walk, bike ride, or hike.	22: <b>Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	23: <b>Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Now, jump up and down 10 times.	24: <b>Agility Ladder</b> Make an agility ladder and practice your moves. Check out my YouTube video for some ideas.	25: <b>Bridge Pose</b> Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky. 
26: <b>Device Detox</b> Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. 	27: <b>Cardio &amp; Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat.....	28: <b>Commercial Break</b> Can you hold a plank for an entire TV commercial break?	29: <b>A Gratitude Attitude</b> Write down something you're thankful for and why.	30: <b>Jump Rope to Music</b> Can you jump to an entire song without stopping?	1:	2: 

Here are a few ideas to keep you moving! Have fun!