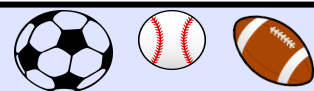








September 2022 At-Home Fitness Calendar



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

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

