



FITNESS CHALLENGE

November 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|---------------------------------------|--|---------------------------------------|-------------------------------------|
| | | | | | 1 8 Leg Raises 5 Sumo Squats | 2 Jumping Jacks (30 seconds) |
| 3 7 Side Lunges 7 Tricep Dips | 4 10 Leg Raises 8 Sumo Squats | 5 7 Side Lunges 7 Tricep Dips | 6 10 Leg Raises 8 Sumo Squats | 7 7 Side Lunges 7 Tricep Dips | 8 10 Leg Raises 8 Sumo Squats | 9 Jumping Jacks (45 seconds) |
| 10 10 Side Lunges 10 Tricep Dips | 11 15 Leg Raises 10 Sumo Squats | 12 10 Side Lunges 10 Tricep Dips | 13 15 Leg Raises 10 Sumo Squats | 14 10 Side Lunges 10 Tricep Dips | 15 15 Leg Raises 10 Sumo Squats | 16 Jumping Jacks (60 seconds) |
| 24 12 Side Lunges 12 Tricep Dips | 25 20 Leg Raises 12 Sumo Squats | 26 12 Side Lunges 12 Tricep Dips | 27 20 Leg Raises 12 Sumo Squats | 28 15 Side Lunges 15 Tricep Dips | 29 20 Leg Raises 15 Sumo Squats | 30 Jumping Jacks (75 seconds) |
| 24 FAMILY FITNESS WEEK | 25 FAMILY FITNESS WEEK | 26 FAMILY FITNESS WEEK | 27 FAMILY FITNESS WEEK | 28 FAMILY FITNESS WEEK | 29 FAMILY FITNESS WEEK | 30 FAMILY FITNESS WEEK |

November Fitness Challenge Calendar – Use our November calendar for fitness exercise ideas, plus activities for Family Fitness to do at home with family members over school break!

- FAMILY FITNESS WEEK – Refer to the activity list starting on Page 2
- Side Lunges – Complete one rep by alternating each leg

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Family Fitness Week Ideas

Check off the activities you choose to do this month!

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| Visit your local school track and go for a run |
| Ride your bikes around the block or on a trail |
| Put together a Fitness Scavenger Hunt (print fitness activities & tape them to the items – find a red ball and volley it 5 times, then find the next item) |
| Work in the garden, or start a new garden as a family |
| Learn a new dance from a different era, like the Electric Slide |
| Go swimming in a pool, lake or pond |
| Go bodyboarding or paddle boarding |
| Go hiking on a local trail, mountain, or nature center |
| Write a list of your favorite fitness activities on index cards and place them in a box. Each family member picks a card from the box each day, and everyone does the activities together (play frisbee, go for a walk, etc.) |
| Fly a kite |
| Run in a race together – find a charity event or walk for a cause |
| Rake leaves and jump into the piles |
| Play sports outside (badminton, baseball, soccer) |
| Go bowling |
| Go golfing |
| Go ice skating |
| Visit a zoo or museum and wear pedometers to track your steps |
| Go fishing |

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| Take a karate class as a family |
| Create an obstacle course with simple items, like hula hoops and swing sets |
| Play Flag Football |
| Play outdoor games like Tag, Hopscotch, or Four Square |
| Visit a local water park |
| Create a fun coordinated dance together as a family |
| Learn a few Yoga poses |
| Go rollerblading or ride scooters |
| Wash the cars together |
| Host a Jump Rope competition |
| Play laser tag |
| Visit a trampoline park |
| Have a water balloon fight |
| Visit a Fitness Center and try a few of the classes they offer (Zumba, Jazzercise) |
| Go indoor rock climbing |
| Play a game of Clean the House and make it a race (set a timer and see who can clean their room the quickest) |
| Play outdoor toss games (horseshoes, ladder toss, cornhole) |
| Go for a walk on the beach and collect seashells |
| Create a family play and perform it for friends and neighbors |
| Come up with a list of simple exercises during TV commercial breaks (sit-ups, run in place) |
| Go to a park and play catch, kickball, or wiffle ball |
| Take the dog for a walk |
| Visit a playground and share memories of your favorite activities (swing set, monkey bars) |
| Start a Sports Night, where you choose a new sport to practice each day |

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| | Organize neighborhood games, like Capture the Flag |
| | Partner up for a two-legged race |
| | Practice basketball moves at a local court, like dribbling, dunking, and passing |
| | Go kayaking or canoeing |
| | Play a game of Family Tug-of-War |
| | Host a fun Limbo competition |
| | Play an active game of Charades |
| | Stand in a circle and see how many times you can pass/toss a ball without dropping it |
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