



# FITNESS CHALLENGE

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Butterfly Kicks (20 seconds) 5 Tuck Jumps	2 BACK TO SCHOOL TASK CARDS	3 5 Mountain Climbers 3 Sky Reaches	4 YOGA TASK CARD	5 Walk through a corn maze
6 Butterfly Kicks (30 seconds) 7 Tuck Jumps	7 7 Mountain Climbers 5 Sky Reaches	8 Butterfly Kicks (30 seconds) 7 Tuck Jumps	9 BACK TO SCHOOL TASK CARDS	10 7 Mountain Climbers 5 Sky Reaches	11 YOGA TASK CARD	12 Go for a bike ride
13 Butterfly Kicks (45 seconds) 10 Tuck Jumps	14 10 Mountain Climbers 8 Sky Reaches	15 Butterfly Kicks (45 seconds) 10 Tuck Jumps	16 BACK TO SCHOOL TASK CARDS	17 10 Mountain Climbers 8 Sky Reaches	18 YOGA TASK CARD	19 Hike your favorite trail
20 Butterfly Kicks (50 seconds) 12 Tuck Jumps	21 15 Mountain Climbers 10 Sky Reaches	22 Butterfly Kicks (50 seconds) 12 Tuck Jumps	23 BACK TO SCHOOL TASK CARDS	24 15 Mountain Climbers 10 Sky Reaches	25 YOGA TASK CARD	26 Toss a football with a friend
27 Butterfly Kicks (1 minute) 15 Tuck Jumps	28 20 Mountain Climbers 12 Sky Reaches	29 Butterfly Kicks (1 minute) 14 Tuck Jumps	30 BACK TO SCHOOL TASK CARDS			

**Back to School + Yoga Month** – Use our September calendar for fitness exercise ideas and brain breaks to celebrate Back to School and National Yoga Month, whether you are at home or in the classroom!

- YOGA – Refer to the task card and choose one, a combination, or all activities listed
- BACK TO SCHOOL – Refer to the task cards and choose one, a combination, or all activities listed

Special thanks to:



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

# 1

TASK CARDS

## BACK TO SCHOOL BRAIN BREAKS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.
- Walk backwards around your desk 5 times.

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# 2

TASK CARDS

## BACK TO SCHOOL BRAIN BREAKS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.

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**TASK CARD**

## **YOGA**

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose



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