





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances</b></p> <ul style="list-style-type: none"> <li>National Autism Awareness Month</li> <li>National Minority Health Month</li> <li>National Distracted Driving Awareness Month</li> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul>			<p><b>1</b></p> <p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 	<p><b>2 Star Jumps</b></p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>3 Crane Pose</b></p> <p>Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p><b>4 4 Walls</b></p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> <li>-side shuffle</li> <li>-grapevine to left then right</li> <li>-wide stance punches</li> <li>-vertical jumps</li> </ul>
<p><b>5 Mindful Snack</b></p> <p>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?</p>	<p><b>6 Teacup Tip-ups</b></p> <p>Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p><b>7 World Health Day</b></p> <p>Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult &amp; discuss other ways to prevent diabetes.</p>	<p><b>8 Musical Frogs</b></p> <p>This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p><b>9 Bear Walk</b></p> <p>With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p><b>10 Before Bed Breathing</b></p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p><b>11 Dribble Challenge</b></p> <p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p><b>12 Fish Pose</b></p> <p>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds</p> 	<p><b>13 Play Catch</b></p> <p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p><b>14 Wild Arms</b></p> <p>As fast as you can complete:</p> <ul style="list-style-type: none"> <li>10 Arm Circles front &amp; back</li> <li>10 Forward punches</li> <li>10 Raise the Roof's</li> </ul> <p>Repeat 3x</p>	<p><b>15 Mindful Senses</b></p> <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> <li>5 things you see</li> <li>4 things you feel</li> <li>3 things you hear</li> <li>2 things smell</li> <li>1 thing you taste</li> </ul>	<p><b>16 Crawl Like a Seal</b></p> <p>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p><b>17 How Fast Can You Go?</b></p> <p>Pick a distance and see how fast you can run the distance.</p>	<p><b>18 Inchworms</b></p> <p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>
<p><b>19 Garland Pose</b></p> <p>Practice your balance with this pose!</p> 	<p><b>20 Rock Paper Scissors Tag</b></p> <p>Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p><b>21 Commercial Break</b></p> <p>Can you hold a plank for an entire TV commercial break?</p>	<p><b>22 Wake and Shake</b></p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p><b>23 Chair Pose</b></p> <p>Hold for 30 seconds, relax then repeat.</p> 	<p><b>24 Positive Talk</b></p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p>	<p><b>25 Jump, Jump</b></p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>
<p><b>26</b></p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>27 Paper Plate Planks</b></p> <p>In plank position with paper plates under your feet. Complete 30s each:</p> <ul style="list-style-type: none"> <li>-mountain climbers</li> <li>-in and out feet</li> <li>-knees to chest</li> </ul>	<p><b>28 Step Jumps</b></p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p><b>29 A Gratitude Attitude</b></p> <p>Write down something you're thankful for and why.</p>	<p><b>30</b></p> <p>Try Savasana again. Use this to relax and wind down all year!</p> 	<p><b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</b></p> <p>Yoga photos from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>	