

# HEALTHY FORDS OCTOBER FAMILY FITNESS CALENDAR

**Aim to complete at least 4-5 activities per week. Try the recommended activity or plan one of your own!**

Date	Wellness Activity	Family Choice: Fill in below:	
1	Strive for 5- eat 5 fruits or vegetables today		
2	Yoga: Practice your cobra pose		
3	50 Arm Circles		
4	25 Jumping Jacks. Repeat 3X today		
5	Share your favorite healthy snack recipe		
6	Take a family walk		
7	Eat your favorite fruit today- Strive for 5!		
8	12 Squats Repeat 2X today		
9	Butterfly stretch- Hold for 20 seconds Repeat 2 x		
10	Walk like a crab for 20 steps. Repeat 3X today		
11	5 Burpees during every commercial break		
12	Play outside for 30 minutes		
13	Exerciser's choice!		
14	20 Crunches. Repeat 3X today		
15	Walk like a crab for 20 steps. Repeat 3X today		
16	Wall Sit- hold for 10 seconds repeat 2X		
17	10 Walking lunges Repeat 3 X		
18	20 Push ups Repeat 2X today		
19	30 Skiers jumps		
20	Run in place for 3 minutes- then take your pulse		
21	Yoga: Practice Tree pose		
22	Hold a plank for 1 minute. Repeat 3X today		
23	Make sure your costume is easily visible and safe- can you see well? Can you walk wth out tripping?		
24	25 Arm Circles and 25 Trunk Twists		
25	Play outside for 30 minutes		
26	Enjoy the calm- take 10 slow deep breaths		
27	15 Push ups Repeat 2Xtoday		
28	Log in to a Fitness App and run in place 3 minutes		
29	25 Curl ups Repeat 1 x today		
30	10 Lunges each side		
31	Happy Halloween- donate some of your candy to soldiers or a shelter		