

# HEALTHY FORDS SEPTEMBER FAMILY FITNESS CALENDAR

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

Date				Family Choice: Fill in below:
1	Stretch your legs and arms 2x today			
2	Hop on each foot 20 times			
3	Do 50 arm circles			
4	10 Walking lunges 10 High Knees			
5	Butterfly Stretch- Hold 10 seconds Repeat 3X			
6	Calming strategy: Squeeze a stress ball or putty			
7	Hold a plank for 1 minute Repeat 2X today			
8	Ride your bicycle- wear your helmet			
9	Eat 2 fruits today			
10	Hold a plank for one minute			
11	Take a family walk			
12	Run in place for two minutes			
13	Keep a balloon in the air for 3 minutes			
14	Try a new vegetable today			
15	Go to bed 30 minutes early			
16	Run in place 3 minutes- take your pulse			
17	Yoga: Practice Child's pose			
18	Jump rope 75 times			
19	Do 25 toe touches			
20	Do 10 push ups			
21	Do 15 lunges			
22	Do 25 Crunches			
23	Jump rope 75 times			
24	Do 25 toe touches			
25	Do 10 push ups			
26	Do 25 Crunches			
27	Exerciser's choice!			
28	Do 15 Push ups Repeat 2X today			
29	Eat a healthy snack			
30	Do 20 Crunches			