

May Daily Family Fitness Ideas

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					May 1 Stage a "smile off". Balance with a family member on one leg while smiling. Who can last the longest?	2 Jump into the air and touch your toes before landing. Touch with your legs together, legs apart, scissor style then back together, etc.
3	4 With a paper and pencil, play a few games of sit-up tic-tac-toe. Both players perform a sit-up before an X or O gets placed.	5 Catch five consecutive passes with a partner while you both are moving. How many can you do in a row?	6 Measure how far you can sprint and scream on one long exhale. What's the neighborhood record?	7 Bounce a ball as high as you can and perform quality push-ups until the ball stops moving.	8 Toss a jump rope into the air, catch it, and then jump 20 times consecutively without a miss. How many times in a row can you do this?	9 Touch your nose to a knee from 4 different positions. Can you maintain each position for the length of one TV commercial?
10	11 Move while dribbling a ball (hand or foot) for three minutes.	12 Kick your feet (hand-stand style) up the side of a wall. Can you hold this position for 10 seconds?	13 Jump rope or just jump to 100 with your eyes closed.	14 See if you can leap frog another family member 20 times in one minute. Be careful not to jump onto them.	15 Do a jumping jack for each pound that your youngest family member weighs. How about the oldest, middle aged or all of them combined!?	16 While you're watching your favorite T.V. show, perform curl-ups during the commercial breaks.
17	18 How old are you? Perform that many push-ups 4 times during the day.	19 Face a partner in a sit-up position. Hook ankles and see how many ball exchanges you can perform in one minute. Down and then "pass" when you're both up.	20 Play a tag activity in the house while you're in a crab position. Keep that stomach flat and parallel to the floor.	21 Walk in place for half of your favorite T.V. show.	22 Race a partner around the block in opposite directions. What is the total time for both of your laps? Can you beat that time?	23 Using two balls, see how long you can keep both of them moving while using your feet.
24	25 How many pages of a book can you read while holding a push-up position?	26 How old are you? Perform one vertical "Tigger" jump for every year. How high can you get?	27 Bounce a ball 20 times in as many different ways possible.	28 Place an ice cube on the kitchen counter and exercise until it begins to melt. Can you continue until it melts completely?	29 Dance non-stop to three songs on the radio or your favorite CD.	30 Lie on your back and keep a balloon from hitting the floor using only your feet. What's your family record?
31						

