




































# January

Jump into January



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scan to access</p> 	<p>1</p> 	<p>2</p> <p><u>New Year Resolutions Workout</u></p> 	<p>3</p> <p><u>Wellness Wednesday Guided Meditation</u></p> 	<p>4</p> <p><u>New Year Would You Rather?</u></p> 	<p>5</p> <p><u>Jumping Workout</u></p> 	<p>6</p> <p><u>Family Jump Rope Workout</u></p> 
<p>7</p> <p><u>Family Meditation</u></p> 	<p>8</p> <p><u>Move It Monday</u></p> 	<p>9</p> <p><u>Jump!</u></p> 	<p>10</p> <p><u>Wellness Wednesday Chair Yoga</u></p> 	<p>11</p> <p><u>Minute To Win It</u></p> 	<p>12</p> <p><u>Fitness Friday!</u></p> 	<p>13</p> <p><u>Jump Rope workout</u></p> 
<p>14</p> <p><u>Short Morning Yoga</u></p> 	<p>15</p> <p><u>Blast Off Fitness</u></p> 	<p>16</p> <p><u>Jumping Jacks Challenge</u></p> 	<p>17</p> <p><u>Wellness Wednesday Meditation</u></p> 	<p>18</p> <p><u>Would You Rather?</u></p> 	<p>19</p> <p><u>Fun Friday Dance!</u></p> 	<p>20</p> <p><u>1500 Skips At home Jumping Workout</u></p> 
<p>21</p> <p><u>Step to the Beat</u></p> 	<p>22</p> <p><u>Move It Monday</u></p> 	<p>23</p> <p><u>Jumping Jack Fun</u></p> 	<p>24</p> <p><u>Wellness Wednesday Grounding Exercise</u></p> 	<p>25</p> <p><u>Run it!</u></p> 	<p>26</p> <p><u>Funny Friday</u></p> 	<p>27</p> <p><u>Family Dance Class</u></p> 
<p>28</p> <p><u>Morning Meditation</u></p> 	<p>29</p> <p><u>Rock Out Fitness</u></p> 	<p>30</p> <p><u>Triathlon Tuesday!</u></p> 	<p>31</p> <p><u>Wellness Wednesday Stretch!</u></p> 	<p>Go follow us at...</p> <p><a href="https://www.facebook.com/HSNYWSBOCES">www.facebook.com/HSNYWSBOCES</a></p> <p><a href="https://www.instagram.com/chsc_LongIsland">@chsc_LongIsland</a></p>		 <p>Creating Healthy Schools and Communities</p>
<p>January is National Soup Month! Try these soup recipes-→</p>	<p><u>Spiced Black Bean and Chicken Soup with kale</u></p>	<p><u>Celery Soup</u></p> 	<p><u>Lentil Soup</u></p> 	<p><u>Mexican Bean Soup with Guacamole</u></p>	<p><u>Chicken and Wild Rice soup</u></p>	