



# November 2007

## Secondary Fitness Calendar – Give Thanks for Great Health!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have you had a physical recently? Think about what you can do for yourself to maintain good health this month!</p>		<p>Do you enjoy cardio step activities? For some great ideas, go to the illustrated dictionary of moves at: <a href="http://www.turnstep.com/Moves/index.html">http://www.turnstep.com/Moves/index.html</a></p>		<p>1 Welcome November by taking a 30 minute run or bike ride. Write out 5 fitness goals for the month!</p>	<p>2 Get in yoga plank position and hold for 3 sets/30 second holds. Follow with 35 crunches. Repeat!</p>	<p>3 Find a friend and take a fast walk through your neighborhood for 30 minutes. Follow with 5 - 20yd. wind sprints!</p>
<p>4 Take a walk with friends or family. If it is nice out play a game!</p> 	<p>5 10 push-ups-rest; 9 push-ups-rest; 8 push-ups-rest; 7 push-ups-rest; 6 push-ups-rest; 5 push-ups-rest; 4 push-ups-rest; finish with 3 push-ups! Whew!</p>	<p>6 Take a brisk power-walk for 30 minutes. When you have finished, do 3 sets/20 reps. bicep curls, tricep extensions, overhead press, and chest press.</p>	<p>7 Perform 3 sets of sitting wall squats for as long as you can hold the "chair position" against the wall. Feel those quads burn!</p>	<p>8 Go to the local track and run a "straight s and curves" workout for 3 total miles today.</p> 	<p>9 Pick up any kind of ball and perform 25 figure 8's with the ball; knees slightly bent, in standing position. Repeat 2 more times.</p>	<p>10 Go to the local park and take a "cross country run" for 40 minutes today!</p> 
<p>11 Get a ball and play a game of catch or Frisbee®!</p>	<p>12 Find a pull-up station. How many can you do? Try it again.</p>	<p>13 Speed play today! Run/ walk/sprint for any amount of interval time. Do this for at least 30 minutes. Have fun "playing"!</p>	<p>14 3 sets of 2 minute mountain climbers, followed by 10 jump squats.</p>	<p>15 Get to your school track and run 4 laps, walk 1 lap; run 3 laps, walk 1 lap; run 2 laps, walk 1 lap; run 1 fast lap. Stretch afterwards!</p>	<p>16 35 "standing abs" right knee to left elbow and vice-versa. Follow with 35 crunches, 5 short wind sprints, and a 5 minute walk. Superb!</p>	<p>17 Brisk walk! Try a short sprint for 35 minutes today! Sprints can be as long as you want them to be.</p>
<p>18 Is it nice out? Go for a walk in the park with family.</p> 	<p>19 2 sets/15 reps push-ups; jump rope between sets. Now do 2 sets/10 reps of push-ups, then jump rope between sets. Good work today!</p>	<p>20 Tag, you're it! Get a group together and play some tag games for 20 minutes, followed by a 1 mile jog.</p>	<p>21 Pick up a basketball and perform 20 jump squats and reach high in the sky with the ball. Repeat 2X.</p> 	<p>22 Happy Thanksgiving!  Take a good vigorous walk after the big meal!</p>	<p>23 No school today! Perform 3 sets of alternating crunches, alternate them with yoga plank hold for 30 seconds and take a short run; 1-2 miles.</p>	<p>24 If you can, go Nordic walking with ski poles for 30 minutes, or take a brisk run with intermittent sprints.</p> 
<p>25 Back to school tomorrow. Find a game to play that you have done in PE class this school year!</p>	<p>26 How many push-ups can you do in 1 minute? How many pull-ups can you do today?</p> 	<p>27 Take a jog with your jump rope. At least a couple of times try jumping rope for a minute or so, and then continue your run!</p>	<p>28 2 minutes of alternating walking lunges, 1 minute of regular walking; repeat the sequence 4X.</p>	<p>29 Your track workout: 10 100's with 220 walk between each interval; end with a 1 mile jog.</p>	<p>30 Get in crunch position and move arms in straightened position up and down 1"- 6" from floor 50 times, rest and repeat.</p>	<p>What is on your Santa Fitness Wish List?</p> 