



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances <ul style="list-style-type: none"> National Autism Awareness Month <ul style="list-style-type: none"> Stress Awareness Month April 7: World Health Day 		SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!			1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	2 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups
3 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	4 Lunge with a Hook Complete a side lunge with a cross-hook punch. Do 10 on each side.	5 Lunch Break Walk During lunch go for a 10 minute walk. Bring friends or colleagues with you.	6 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. 	7 World Health Day Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.	8 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds	9 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x
10 Shoulder Shrugs 10 shoulder shrugs with light weights	11 Chair Dips Complete 10 tricep dips using your chair. Complete for 3 rounds.	12 10 burpees 10 walking lunges 10 leg raises 3 rounds	13 Squat Side Step Squat to mid-level position and step to the right. Repeat to the left side. Complete 10 total.	14 Flower Pose Practice your balance with this pose! 	15 10 Butt Kicks 10 high knees Stretch Repeat	16 Rise and Squat As soon as you wake up do 10 squats.
17 10 tricep dips 10 second seated straddle stretch 10 crunches 10 jump rope reps	18 Chair Pose Hold for 30 seconds, relax then repeat. 	19 Standing Knee Lift Balance on one leg and bring the opposite knee to a 90 degree angle. Extended your knee 10x then switch sides. Repeat 3 rounds.	20 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	21 Wall Sit Against a wall act as if you are sitting in a chair. Hold for 10 seconds. Can you go longer?	22 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	23 Step Jumps Find a step or a bench and jump up and down 10 times for 5 sets. Be careful. Take a break if you need to.
24 Along the sidewalks alternate between skipping, speed walking, and jogging for 10 minutes.	25 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	26 Crow Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	27 4 Walls Face each wall in a room and do 10 reps of each exercise: -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	28 Abs! 10 knee to elbow planks 10 crunches 10 superman poses	29 Walking High Knees Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up. 	30 Try Savasana again. Use this to relax and wind down all year! 