



FITNESS CHALLENGE

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Plank (20 seconds) 3 Crab Walks	2 CARDIO DAY - SKIP FOR 30 SECONDS)	3 Plank (20 seconds) 3 Crab Walks	4 3 Sit-ups Hip Bridges (5 seconds)	5 GO MINI GOLFING
6 Plank (30 seconds) 5 Crab Walks	7 5 Sit-ups Hip Bridges (8 seconds)	8 Plank (30 seconds) 5 Crab Walks	9 CARDIO DAY - JOG IN PLACE FOR 30 SECONDS	10 Plank (30 seconds) 5 Crab Walks	11 5 Sit-ups Hip Bridges (8 seconds)	12 TOSS A FRISBEE
13 Plank (40 seconds) 7 Crab Walks	14 7 Sit-ups Hip Bridges (10 seconds)	15 Plank (40 seconds) 7 Crab Walks	16 CARDIO DAY - HULA HOOP FOR 30 SECONDS	17 Plank (40 seconds) 7 Crab Walks	18 7 Sit-ups Hip Bridges (10 seconds)	19 PLAY DISC GOLF
20 Plank (50 seconds) 9 Crab Walk	21 10 Sit-ups Hip Bridges (15 seconds)	22 Plank (50 seconds) 9 Crab Walks	23 CARDIO DAY - JUMPING JACKS FOR 30 SECONDS	24 Plank (50 seconds) 9 Crab Walks	25 9 Sit-ups Hip Bridges (15 seconds)	26 PLAY CHARADES FOR FAMILY GAME NIGHT
27 Plank (60 seconds) 12 Crab Walks	28 12 Sit-ups Hip Bridges (20 seconds)	29 Plank (60 seconds) 12 Crab Walks	30 CARDIO DAY - CREATE YOUR OWN DANCE FOR 1 MIN	31 Plank (60 seconds) 12 Crab Walks		

August Fitness Challenge Calendar – Simple fitness exercises and outdoor activities to keep kids active during the summer! Celebrate Family Fun Month by sharing the calendar with family and spending time together on Saturdays!

- Crab Walks – count 1 each time you walk
- CARDIO DAY – choose one, a combination, or all activities listed

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Family Fun Month Ideas

- Go **mini golfing** in honor of National Golf Month
- Visit the batting cages
- Play **basketball**
- Go for a walk
- Hike at a local park
- Visit a museum and track your steps with a **pedometer**
- Play **disc golf**
- Throw a **frisbee** and practice different serves
- Play a game of **Charades**
- Play a game of **Spikeball**
- Set up an **obstacle course** in the backyard
- Take turns seeing how long you can balance a **hula hoop**
- Go rock climbing
- Take a class at a local fitness center in celebration of National Wellness Month
- Use a **parachute** to play some fun games
- Go swimming in the lake or a pool
- Play **tennis** at the park
- Set up a **volleyball net** and see how long you can volley the ball back and forth
- Play **badminton**
- Set up some **lawn games** in the backyard
- Play a game of **baseball**
- Decorate your own **kites**, then fly them together
- Go kayaking
- Plan a Family **Flag Football** game
- Ride your bikes together
- Draw different hopscotch patterns with **sidewalk chalk** and challenge the whole family to try it
- Play **bocce**
- Set up a game of jumbo pool with **soccer billiard balls**
- Go cosmic bowling or set up your own **inflatable bowling**