

# Family Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have everyone in your family jump to the sky and take turns spelling your names when you jump!	Do 10 (or more if you can) knee "push-ups" before breakfast and before you go to bed together.	Try to do the "twist" together during an entire TV commercial.	Lift left knee to right elbow & repeat lifting right knee to left elbow to the beat of one of your favorite songs.	Do 10 arm circles in each room of your home.	Go to each room in your home and balance on one leg for 10 seconds on each leg.	Take a walk with your family and when you get back have your child teach you their favorite exercise they learned in school
Have a contest to see who can lean their back against a wall and hold the squat position the longest.	Alternate raising your knees to your palms of your hand while singing your favorite song.	Everyone takes turns jumping side to side with feet together 5 times in every doorway of your home.	Have a contest to see who can balance the longest by making a small circle with one leg while standing.	Shadow box (punching the air directly in front of you) and reciting the alphabet for each time you punch the air.	Dance together to a favorite song of the kids and then dance together to a favorite song of the parents.	See how many times you can throw a ball to each other without dropping it. Set a goal for yourself.
Have everyone in your family partner up, face your partner. Together, touch the floor with both hands then jump up and clap both hands above your head together 10 times. Make sure you partner up with every member of the family.	Everyone skip around your kitchen table 8 times (but be careful!). Change directions and go the other way each time you finish a circle.	Everyone does 20 "Jumping Jacks" before each meal.	Everyone walks on their tippy toes 30 times. Each step counts as one.	Everyone jogs in place for 1 minute or during a TV commercial. Have a contest to see how high you can raise your knees during the jog.	Everyone pretends to jump rope for one minute without stopping. Rest for 30 seconds and do it again.	Flip a coin with someone in your family. The winner chooses a exercise for the other person to do 10 times. Repeat 5 times.
Spell the town and state you live in while doing the scissor jump. Repeat 4 more times, spelling something else in your home.  <i>(Scissor Jumps are Jumping Jacks without using the arms).</i>	Everyone does 10 push-ups standing up and leaning against a wall. During the push-ups each person share a story that happened during the day (rest between stories).	Everyone tosses a grocery plastic bag in the air together 20 times with right hand & 20 times with left. (Everyone has their own plastic bag)	Everyone hops on one leg at a time to 20, counting by 2's. (i.e. 2,4,6,8...). Repeat 5 times.	Side Slide (Sliding without crossing legs) from one side of a room to the other 3 times.	Do 10 "sit-ups" before breakfast and 10 before you go to bed.	Take turns playing "Follow the Leader". One person does any exercise(s) they want within a minute and the whole family must mimic the actions.
Everyone stands on a step with their heels hanging off the side of the step. Do 15 calf raises for every person in your family. (Rest between).	Have a "conga" line going throughout the house with everyone following the exercise the leader is doing. When you get back to the start spot, switch leaders. Music playing makes this fun!	Everyone sits in a chair with both feet on the ground. Start by everyone following the leader who moves legs and arms in creative ways. Do this for one minute and switch leaders.				

## Medical Disclaimer

Always consult your physician before beginning any physical activity or exercise program. Contact your physician if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.

Understand that when participating in any activity or exercise involving strenuous physical exercise and movement like these exercises listed, there is the possibility of physical injury. To reduce the risk of injury, never force or strain during exercise. If you experience pain or discomfort during exercise, stop immediately and consult your doctor. When you engage in these exercises, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself or others, and agree to release and discharge Sandy Spin Slade, Inc., together with its parent, subsidiaries, successors, agents, assigns and contractors, and their respective shareholders, directors, members, officers, and employees (collectively, "Sandy Spin Slade") from any and all claims, rights of action or causes of action, known or unknown, present or future, arising out of or connected to the use of this product.

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