

Active April Fitness Calendar

PreK- 2nd Grade

Spring Recess 4/19-4/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Perform 50 high knees	2 Perform 15 sit ups	3 Perform 50 heel kickers	4 Perform 8 push ups	5 Perform 50 jumping jacks	6 Jog in place for 2 minutes
7 Play outside or inside with family or friends!	8 Perform 15 squats	9 Perform 50 star jumps	10 Perform 15 arm curls with canned goods	11 Perform 50 ski jumps	12 Hold a plank for 20 seconds	13 Help out with chores around the house
14 Choose 5 stretches and hold them for 20 seconds each	15 Perform 50 jumping jacks	16 Perform 10 lunges on each leg	17 Perform 50 high knees	18 Balance on each leg for 20 seconds	19 Perform 50 heel kickers	20 Jog in place for 2 minutes
21 Play outside or inside with family or friends!	22 Perform 8 push ups	23 Perform 50 ski jumps	24 Perform 15 sit ups	25 Perform 50 star jumps	26 Perform 15 squats	27 Help out with chores around the house
28 Choose 5 stretches and hold them for 20 seconds each	29 Balance on each leg for 20 seconds	30 Pick your favorite exercise and perform it 30 times!	<p style="text-align: center;">Every Kid Healthy Week</p> <p>During April, we mark National Minority Health Month by raising awareness about the health disparities that continue to affect racial and ethnic minorities. This year's theme, Prevention is Power: Taking Action for Health Equity emphasizes the critical role of prevention in reducing health disparities. It is a call to action, a charge for all of us to unite towards a common goal of improving the health of our communities. Everyone in America should have the chance to live a healthy life, regardless of who they are and where they live.</p>			