

# Active April Fitness Calendar

3<sup>rd</sup> – 5<sup>th</sup> Grade

Spring Recess 4/19-4/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Perform 75 high knees	2 Perform 25 sit ups	3 Perform 100 heel kickers	4 Perform 12 push ups	5 Perform 100 jumping jacks	6 Jog in place for 4 minutes
7 Play outside or inside with family or friends!	8 Perform 25 squats	9 Perform 75 star jumps	10 Perform 25 arm curls with canned goods	11 Perform 75 ski jumps	12 Hold a plank for 30 seconds	13 Help out with chores around the house
14 Choose 5 stretches and hold them for 30 seconds each	15 Perform 100 jumping jacks	16 Perform 20 lunges on each leg	17 Perform 75 high knees	18 Balance on each leg for 30 seconds	19 Perform 100 heel kickers	20 Jog in place for 4 minutes
<b>Every Kid Healthy Week</b>						
21 Play outside or inside with family or friends!	22 Perform 12 push ups	23 Perform 75 ski jumps	24 Perform 25 sit ups	25 Perform 75 star jumps	26 Perform 25 squats	27 Help out with chores around the house
28 Choose 5 stretches and hold them for 30 seconds each	29 Balance on each leg for 30 seconds	30 Pick your favorite exercise and perform it 50 times!	During April, we mark <b>National Minority Health Month</b> 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.			