









March Madness Fitness Calendar

Prek-2nd Grade

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March is National Nutrition Month© sponsored by the Academy of Nutrition and Dietetics! This month focuses on the importance of making informed food choices and developing sound eating and physical activity habits. To learn more check out www.eatright.org</p>					<p>1</p> <p>Perform 7 push ups</p>	<p>2</p>  <p>Hold a defensive stance for 20 seconds (squat)</p>
<p>3</p> <p>Pretend to jump rope for 2 minutes</p>	<p>4</p>  <p>Perform 10 lunges on each leg</p>	<p>5</p> <p>Perform 50 jumping jacks</p>	<p>6</p> <p>Perform 10 shoulder presses with canned goods</p> 	<p>7</p> <p>Perform 25 high knees</p>	<p>8</p> <p>Perform 15 sit ups</p>	<p>9</p> <p>Choose 5 stretches and hold them for 20 seconds each</p>
<p>10</p> <p>Help out with chores around the house</p>	<p>11</p> <p>Pretend to shoot a basketball 20 times</p> 	<p>12</p> <p>Perform 50 heel kickers</p>	<p>13</p> <p>Perform 15 arm curls with canned goods</p>	<p>14</p> <p>Perform 50 ski jumps</p>	<p>15</p> <p>Perform 15 squats</p>	<p>16</p>  <p>Hold a defensive stance for 20 seconds (squat)</p>
<p>17</p> <p>Pretend to jump rope for 2 minutes</p>	<p>18</p> <p>Perform 15 sit ups</p>	<p>19</p> <p>Perform 50 high knees</p>	<p>20</p> <p>Balance on each leg for 20 seconds each</p>	<p>21</p> <p>Perform 50 jumping jacks</p>	<p>22</p> <p>Perform 10 lunges on each leg</p> 	<p>23</p> <p>Choose 5 stretches and hold them for 20 seconds each</p>
<p>24</p> <p>Help out with chores around the house</p>	<p>25</p> <p>Pick your favorite exercise and perform it 30 times</p>	<p>26</p> <p>Perform 50 ski jumps</p>	<p>27</p> <p>Pretend to shoot a basketball 20 times</p> 	<p>28</p> <p>Perform 50 heel kickers</p>	<p>29</p> <p>Perform 15 Squats</p>	<p>30</p>  <p>Hold a defensive stance for 20 seconds (squat)</p>
<p>31</p> <p>Pretend to jump rope for 2 minutes</p>						