




























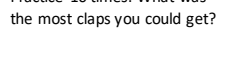







Your monthly Walking for Heart Pedometer Step Challenge is on the back of this calendar. Please record your steps, use the QR code at the end of the month, and be a Winner.

<div>  <div> <b>September, 2024</b>  <b>Fun Physical Activities at Home Everyday!</b> </div>  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Simon Says:</b> 1 Play Simon Says! Be creative, Simon Says to stand on one foot, wave your hands over your head, run in place, lean to the right. Have fun and move. 	<b>Happy Labor Day:</b> 2 Head to the park and enjoy a healthy picnic with your family. 	<b>Practice Animal Poses Yoga</b> 3 at home for 15 minutes with your family. Rest and repeat. 	<b>Play Lily Pads:</b> 4 Spread out at least 8 soft, non-skid landing spots. Pretend to be a frog and hop or jump on each spot. How fast can you jump and hop for 15 minutes. Rest and repeat. 	<b>Cleanup Race:</b> 5 The cleanup race makes the perfect final activity of the day. Have plastic bins ready and give everyone a time limit for picking up clothes and toys. 	<b>Balance Practice!</b> 6 Place pillows on the floor to make a walking path around the house, walk the path back and forth 5 times. 	<b>Take a long walk around a farmers' market and find three different fruits and three different vegetables you like.</b> 7 
<b>Happy Grandparents Day:</b> 8 Enjoy doing physical activity with your grandparents. Take a walk or play a game together. 	<b>Dance Party:</b> 9 Play your favorite songs and dance. 	<b>Healthy Snack and Walk:</b> 10 After school, enjoy sliced apples, baby carrots, and water while walking outside. 	<b>Play Rabbits and Roos:</b> 11 Take small fast hops like a rabbit and slow big jumps like a kangaroo all around the house for fifteen minutes. Then hop, jump, and pick up your toys and clothes. 	<b>Do a jumping jack for every letter of the alphabet. Can you do it backwards? Rest and repeat counting to 100 and then backwards.</b> 12 	<b>Kick It!</b> 13 Make a goal with two cones or shoes, mark a spot 3-4 feet away from the goal and try to score by kicking the ball into the goal. Try to make 20 goals! 	<b>Head to the park and teach your family how to use your HSHL frisbee.</b> 14 
Use your pedometer to track your steps at the grocery store or another place you go. 15 	<b>Beach Ball Challenges:</b> 16 Using a beach ball or big balloon roll, underhand toss, bounce, chest pass, and kick the ball to your partner. Repeat these challenges 5 times. 	<b>Play hide and seek with family members, hide at least 5 times.</b> 17 	<b>Throw and Catch!</b> 18 Grab a partner and stand a few feet apart, practice throwing and catching a soft ball to each other, 20 times each. 	<b>Against the Clock!</b> 19 Set a timer for 10 minutes, hop, skip, and gallop around the house while cleaning up toys on the floor. How many toys did you pick up in 10 minutes? 	<b>Invite a friend on a 30 minute walk with your family and pets. Don't forget your pedometer to count your steps.</b> 20 	<b>Movin' and Groovin':</b> 21 Play your three favorite songs and have a freeze dance party, when the music stops you freeze! 
<b>1st Day of Fall:</b> 22 Pick up as many fallen colored leaves as you can and celebrate the last day of summer. 	<b>Play, follow the leader with your family, make sure everyone gets a turn to be the leader.</b> 23 	<b>Indoor Bowling!</b> 24 Use 5-10 plastic bottles and a soft ball to set up bowling, you get 2 tries to knock over all the cups, repeat 10 times. Note your knocked down cups to keep score! 	<b>Move like an animal:</b> 25 Walk like a T-Rex, gallop like a horse, jump like a bunny, crawl like a bear for 10 minutes, what other animals can you move like? 	<b>Play tag with your family or friends, wear your pedometer to see how many steps you took while running around.</b> 26 	<b>Balloons:</b> 27 Ask mom to blow up some balloons and see how long you can keep them afloat. Challenge others to the game. 	<b>Clap and Catch:</b> 28 Throw a soft ball up, clap twice, and catch. Throw the ball higher to get more claps. Practice 10 times. What was the most claps you could get? 
Take 15 minutes to stretch your arms and legs with your family in the morning. 29 	Try to balance a ball on your head for 10 seconds. Rest and Repeat 10 times. Try to see how long you can balance the ball after your practice. 30 	<div>    </div> <p><i>This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.</i></p>				



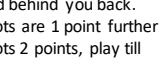


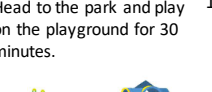















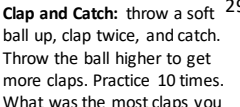





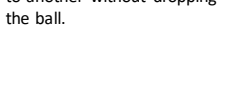





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	<b>October, 2024</b>
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<b>Fun Physical Activities at Home Everyday!</b>									
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Freeze:</b> Walk, run, gallop, and hop in a straight line to a corner, freezing when the music stops. Play for 4 songs. 	<b>Indoor Basketball:</b> Ball up pairs of socks to make balls and use the laundry basket as your hoop. Try making shots up close, far away, one handed, granny style, and behind you back. Close shots are 1 point further away shots 2 points, play till 	<b>Jump Over the River:</b> Create a curvy river using two chalk or tape lines. Leap over the smallest portion of the river and slowly work up to the longest jump to challenge your skills. 	<b>Animal Races:</b> Choose the animal you will be racing as, such as a frog, penguin, dog, lizard, or bird. Race as different animals and see which animals are the fastest. 	Take a long walk around a farmers' market and find three different fruits and three different vegetables you like. 
<b>Scavenger Hunt:</b> Make a checklist using simple pictures or words with items you can find around the house, such as: a book, four chairs, one black shoe, one white shoe. Try to	<b>Balloons:</b> Ask mom to blow up some balloons and see how long you can keep them afloat. Challenge others to the game. 	<b>Jump:</b> In an open space, challenge your family to jump in different ways. Feet barely coming off the floor, high knees, fast, and slow. See who has the best jumping skills. 	<b>Racetrack:</b> Play music while racing back and forth. Use commands like turn, slow, stop, speed. Freeze when music stops. Repeat for 3 songs. 	<b>Partner Beach Ball Challenges:</b> Grab a family member or friend, using a beach ball or big balloon roll, underhand toss, bounce, chest pass, and kick the ball to your partner. Repeat these challenges 5 times. 	<b>Throw then Go:</b> Take a small soft ball and see how far you can throw the ball. Run, gallop, or hop to pick up your ball. Repeat 10 times, which throw was your farthest? 	Head to the park and play on the playground for 30 minutes. 
Use your pedometer to track your steps at the grocery store or another place you go. 	<b>Musical Chairs:</b> Play music and walk, skip, or gallop around the chairs, when the music stops find a chair. No chair means you are out and must do jumping jacks. Remove a chair and repeat until there is a winner. Play 3 times. 	<b>Healthy Snack and Walk:</b> After school, enjoy sliced apples, baby carrots, and water while walking outside. 	<b>Red Light Green Light:</b> When green light is called you run, when yellow light is called you walk, when green red light is called you freeze. Who can get to the finish line first and repeat 5 times. 	Take 15 minutes to stretch your arms and legs with your family in the morning. 	<b>Hopscotch:</b> Using tape or chalk inside or outside create boxes in the 1,2,1,2,1 pattern. Hop on one foot in the one box and two feet in the two boxes. Who can do it the fastest, repeat 10 times. 	Head to the park and teach your family how to use your HSHL frisbee. 
Take a 30 minute walk with your family and pets around the park. Don't forget your pedometer to count your steps. 	Play tag with your family or friends, wear your pedometer to see how many steps you took while running around. 	<b>Obstacle Course:</b> Jump through hula hoops on the ground, crawl through a tunnel of boxes and hop between shoes, the options for your obstacle course stations are endless! 	<b>Catching Snow:</b> Place crumpled up paper snowballs in the middle of a sheet. Pick up the corners of the sheet and fling the paper snow into the air. See who can pick or catch the most snow. Repeat 5 times. 	Play hide and seek with family members, hide at least 5 times 	<b>Cleanup Race:</b> The cleanup race makes the perfect final activity of the day. Have plastic bins ready and give everyone a time limit for picking up clothes and toys. 	Head to the park and plan a healthy picnic with your family. 
Go outside and jump, skip, gallop, walk backward, and run with a friend or family member. See who is the fastest. See if all can win. 	<b>Crab Carry:</b> Balance a small ball on your tummy as you walk like a crab, how long you can balance it. Race your family from one spot to another without dropping the ball. 	<b>Clap and Catch:</b> throw a soft ball up, clap twice, and catch. Throw the ball higher to get more claps. Practice 10 times. What was the most claps you could get? 	<b>On Your Mark:</b> Have 3 lines, walk from the start to the middle then jump from the middle to the end. Go back to the start, play 5 times jumping, running, and skipping to each line. 	<b>Happy Halloween!</b> Get dressed up and take a long walk around your neighborhood with your family. Stop at 20 houses to collect treats. 	<div>   </div> <p><i>This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.</i></p>	




















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**November, 2024**

**Fun Physical Activities at Home Everyday!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   <p><i>This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.</i></p>						<p>Play, follow the leader with your family, make sure everyone gets a turn to be the leader. Play for 30 minutes.</p> 
<p><b>Practice Animal Poses Yoga</b> <sup>3</sup> at home for 15 minutes with your family. Rest and repeat.</p> 	<p><b>Indoor Bowling:</b> Use 5-10 plastic bottles and a soft ball to set up bowling, you get 2 tries to knock over all the cups, repeat 10 times. Note your knocked down cups to keep score!</p>	<p><b>Throw then Go:</b> Take a small soft ball and see how far you can throw the ball. Run, gallop, or hop to pick up your ball. Repeat 10 times, which throw was your farthest?</p>	<p><b>Play Lily Pads:</b> spread out at least 8 soft, non-skid landing spots. Pretend to be a frog and hop or jump on each spot. How fast can you jump and hop for 15 minutes. Rest and repeat.</p> 	<p><b>Crab Carry:</b> Balance a small ball on your tummy as you walk like a crab, how long you can balance it. Race your family from one spot to another without dropping the ball.</p> 	<p><b>Kick It!</b> Make a goal with two cones or shoes, mark a spot 3-4 feet away from the goal and try to score by kicking the ball into the goal. Try to make 20 goals!</p>	<p><b>Happy Day of the Dead!</b> <sup>2</sup> Gather as a family to remember those who are no longer with us. Help out in the kitchen to make their favorite healthy foods.</p> 
<p><b>Dance Party:</b> Play your favorite songs and dance.</p> 	<p><b>Happy Veterans Day!</b> <sup>11</sup> Head to the park with your family to enjoy a healthy picnic and get active.</p> 	<p><b>Simon Says:</b> Be creative, Simon Says to stand on one foot, wave your hands over your head, run in place, lean to the right. Have fun and move for 30 minutes with</p>	<p><b>Do a jumping jack for every letter of the alphabet.</b> Can you do it backwards? Rest and repeat counting to 100 and then backwards.</p> 	<p><b>Move Like an Animal:</b> walk like a T-Rex, gallop like a horse, jump like a bunny, crawl like a bear for 10 minutes, what other animals can you move like?</p>	<p><b>Indoor Basketball:</b> Ball up pairs of socks and use the laundry basket as your hoop. Try making shots up close, far away, one handed, and granny style. Play till</p>	<p><b>Balance Practice!</b> <sup>16</sup> Place pillows on the floor to make a walking path around the house, walk the path back and forth 5 times.</p> 
<p><b>Invite a friend on a 30 minute walk with your family and pets.</b> Don't forget your pedometer to count your steps.</p> 	<p><b>Throw and Catch!</b> Grab a partner and stand a few feet apart, practice throwing and catching a soft ball to each other, 20 times each.</p> 	<p><b>Grab a healthy snack, try sliced apples or baby carrots and a bottle of water.</b> Now it is time for a fast-paced walk outside.</p>	<p><b>Play Rabbits and Roos:</b> take small fast hops like a rabbit and slow big jumps like a kangaroo all around the house for fifteen minutes. Then hop, jump, and pick up your toys and clothes.</p>	<p><b>Balloons:</b> Ask mom to blow up some balloons and see how long you can keep them afloat. Challenge others to the game.</p> 	<p><b>Red Light Green Light:</b> <sup>22</sup> When green light is called you run, when yellow light is called you walk, when green red light is called you freeze. Who can get to the finish line first and repeat 5 times.</p>	<p><b>Head to the park and play on the playground for 30 minutes.</b> <sup>23</sup></p> 
<p><b>Racetrack:</b> Play music while racing back and forth. Use commands like turn, slow, stop, speed. Freeze when music stops. Repeat for 3 songs.</p> 	<p><b>Balance:</b> Balance a ball on your head for 10 seconds. Rest and Repeat 10 times. How long you can balance the ball after your practice.</p>	<p><b>Musical Chairs:</b> Play music and walk, skip, or gallop around the chairs, when the music stops find a chair. No chair means you are out and must do jumping jacks. Remove a chair and repeat until there is a winner. Play 3 times.</p>	<p><b>Hopscotch:</b> Using tape or chalk inside or outside create boxes in the 1,2,1,2,1 pattern. Hop on one foot in the one box and two feet in the two boxes. Who can do it the fastest, repeat 10 times.</p>	<p><b>Happy Thanksgiving!</b> <sup>28</sup> Make a healthy meal for the whole family to share and tell each other what you are thankful for.</p> 	<p><b>Against the Clock:</b> <sup>29</sup> Set a timer for 10 minutes, hop, skip, and gallop around the house while cleaning up toys on the floor. How many toys did you pick up in 10 minutes?</p>	<p><b>Movin' and Groovin',</b> play your three favorite songs and have a freeze dance party, when the music stops you freeze!</p> 

























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**December, 2024**

























**Fun Physical Activities at Home Everyday!**























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Simon Says:</b> 1 Play Simon Says! Be creative, Simon Says to stand on one foot, wave your hands over your head, run in place, lean to the right. Have fun and move.	<b>Jump Over the River:</b> 2 Create a curvy river using two chalk or tape lines. Leap over the smallest portion of the river and slowly work up to the longest jump to challenge your skills.	<b>Practice Animal Poses Yoga</b> 3 at home for 15 minutes with your family. Rest and repeat. 	<b>Play Lily Pads:</b> 4 Spread out at least 8 soft, non-skid landing spots. Pretend to be a frog and hop or jump on each spot. How fast can you jump and hop for 15 minutes. Rest and repeat.	<b>Cleanup Race:</b> 5 The cleanup race makes the perfect final activity of the day. Have plastic bins ready and give everyone a time limit for picking up clothes and toys. 	<b>Balance Practice!</b> 6 Place pillows on the floor to make a walking path around the house, walk the path back and forth 5 times. 	Take a long walk around a farmers' market and find three different fruits and three different vegetables you like. 
<b>Red Light Green Light:</b> 8 When green light is called you run, when yellow light is called you walk, when green red light is called you freeze. Who can get to the finish line first and repeat 5 times.	<b>Dance Party:</b> 9 Play your favorite songs and dance. 	<b>Healthy Snack and Walk:</b> 10 After school, enjoy sliced apples, baby carrots, and water while walking outside. 	<b>Play Rabbits and Roos:</b> 11 Take small fast hops like a rabbit and slow big jumps like a kangaroo all around the house for fifteen minutes. Then hop, jump, and pick up your toys and clothes.	Do a jumping jack for every letter of the alphabet. Can you do it backwards? Rest and then backwards. 	<b>Kick It!</b> 13 Make a goal with two cones or shoes, mark a spot 3-4 feet away from the goal and try to score by kicking the ball into the goal. Try to make 20 goals!	Head to the park and teach your family how to use your HSHL frisbee. 
Use your pedometer to track your steps at the grocery store or another place you go. 	<b>Beach Ball Challenges:</b> 16 Using a beach ball or big balloon roll, underhand toss, bounce, chest pass, and kick the ball to your partner. Repeat these challenges 5 times.	Play hide and seek with family members, hide at least 5 times. 	<b>Throw and Catch!</b> 18 Grab a partner and stand a few feet apart, practice throwing and catching a soft ball to each other, 20 times each. 	<b>Against the Clock!</b> 19 Set a timer for 10 minutes, hop, skip, and gallop around the house while cleaning up toys on the floor. How many toys did you pick up in 10 minutes?	Invite a friend on a 30 minute walk with your family and pets. Don't forget your pedometer to count your steps. 	<b>Movin' and Groovin':</b> 21 Play your three favorite songs and have a freeze dance party, when the music stops you freeze! 
<b>Move like an animal:</b> 22 Walk like a T-Rex, gallop like a horse, jump like a bunny, crawl like a bear for 10 minutes, what other animals can you move like?	Play, follow the leader with your family, make sure everyone gets a turn to be the leader. 	<b>Indoor Bowling!</b> 24 Use 5-10 plastic bottles and a soft ball to set up bowling, you get 2 tries to knock over all the cups, repeat 10 times. Note your knocked down cups to keep score! 	<b>Merry Christmas!</b> Take a 30 25 minute walk around your neighborhood to look at all the Christmas lights. 	Play tag with your family or friends, wear your pedometer to see how many steps you took while running around. 	<b>Balloons:</b> 27 Ask mom to blow up some balloons and see how long you can keep them afloat. Challenge others to the game. 	<b>Clap and Catch:</b> 28 Throw a soft ball up, clap twice, and catch. Throw the ball higher to get more claps. Practice 10 times. What was the most claps you could get?
Take 15 minutes to stretch your arms and legs with your family in the morning. 	Try to balance a ball on your head for 10 seconds. Rest and Repeat 10 times. Try to see how long you can balance the ball after your practice. 	<b>Happy New Years Eve!</b> 31 End the year off right by taking a walk with your family and eating a healthy dinner. 	<div>    </div> <p><i>This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.</i></p>			



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<div>  <div> <b>January, 2025</b>  <b>Fun Physical Activities at Home Everyday!</b> </div> </div>							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>    </div> <p><i>This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.</i></p>			<p>Happy New Year! Set your new years fitness goals as a family. Try to keep track of your steps on the back of this calendar for the year!</p> 	<p>Clap and Catch: throw a soft ball up, clap twice, and catch. Throw the ball higher to get more claps. Practice 10 times. What was the most claps you could get?</p>	<p>Play, follow the leader with your family, make sure everyone gets a turn to be the leader.</p> 	<p>Freeze Walk: Create a square space with an object marking each of the four corners. Walk, run, gallop, and hop in a straight line to each corner, freezing when the music stops. Play for 3 songs.</p>	
<p><b>Dance Party:</b> Play your favorite songs and dance the night away.</p> 	<p><b>Throw then Go!</b> Use an object to mark a spot to throw from, standing behind the spot, take a small soft ball and see how far you can throw the ball. Run, gallop, or hop to pick up your ball and bring it back to the start spot. Repeat 10 times, which</p>	<p><b>Balance Practice!</b> Place pillows on the floor to make a walking path around the house, walk the path back and forth 5 times.</p> 	<p>Invite a friend on a 30 minute walk with your family and pets. Don't forget your pedometer to count your steps.</p> 	<p><b>Jump!</b> In an open space, challenge your family to jump in different ways. Feet barely coming off the floor, high knees, fast, and slow. See who has the best jumping skills.</p>	<p>Take 15 minutes to stretch your arms and legs with your family in the morning.</p> 	<p>Take a long walk around a farmers market and find three different fruits and three different vegetables you like.</p> 	
<p><b>Go Outside:</b> jump, skip, gallop, walk backward, and run with a friend or family member. See who is the fastest. See if all can win.</p> 	<p><b>Hopscotch:</b> Using tape or chalk inside or outside create boxes in the 1,2,1,2,1 pattern. Hop on one foot in the one box and two feet in the two boxes. Who can do it the fastest, repeat 10 times.</p>	<p><b>Kick It!</b> Make a goal with two cones or shoes, mark a spot 3-4 feet away from the goal and try to score by kicking the ball into the goal. Try to make 20 goals!</p> 	<p><b>On Your Mark:</b> Have 3 lines, walk from the start to the middle then jump from the middle to the end. Go back to the start, play 5 times jumping, running, and skipping to each line.</p>	<p><b>Play Rabbits and Roos:</b> take small fast hops like a rabbit and slow big jumps like a kangaroo all around the house for 10 minutes. At the end, pick up your toys while hoping and jumping.</p>	<p><b>Crab Carry:</b> Balance a small ball on your tummy as you walk like a crab, see how long you can balance it. Try to race your family from one spot to another without dropping the ball.</p> 	<p>Head to the park and plan a healthy picnic with your family.</p> 	
<p><b>Movin' and Groovin':</b> play your three favorite songs and have a freeze dance party, when the music stops you freeze!</p> 	<p><b>Catching Snow:</b> Place crumpled up paper snowballs in the middle of a sheet. Pick up the corners of the sheet and fling the paper snow into the air. See who can pick or catch the most snow. Repeat 5 times.</p>	<p>Play Simon Says with your family. Be creative, Simon Says to stand on one foot, wave your hands over your head, run in place, lean to the right. Have fun and move.</p> 	<p><b>Animal Races:</b> Make a start and finish line then choose the animal you will be racing as, such as a frog, penguin, dog, lizard, or bird. Race as different animals and see which animals are the fastest.</p>	<p><b>Red Light Green Light:</b> In an open space inside or outside mark a start and finish line. When green light is called you run, when yellow light is called you walk, when green red light is called you freeze. See who can get to the finish line first and repeat 5 times.</p>	<p>Play tag with your family or friends, wear your pedometer to see how many steps you took while running around.</p> 	<p><b>Practice Animal Poses Yoga</b> at home for 15 minutes with your family.</p> 	
<p><b>Partner Beach Ball Challenges:</b> Grab a family member or friend, using a beach ball or big balloon roll, underhand toss, bounce, chest pass, and kick the ball to your partner. Repeat these challenges 5 times.</p>	<p><b>Indoor Basketball:</b> Ball up pairs of socks to make balls and use the laundry basket as your hoop. Try making shots up close, far away, one handed, granny style, and behind you back. Close shots are 1 point further away shots 2 points, play till someone</p>	<p>Use your pedometer to track your steps at the grocery store or another place.</p> 	<p><b>Racetrack:</b> Play music while racing back and forth. Use commands like turn, slow, stop, speed. Freeze when music stops. Repeat for 3 songs.</p>	<p><b>Musical Chairs:</b> Play music and walk, skip, or gallop around the chairs, when the music stops find a chair. No chair means you are out and must do jumping jacks. Remove a chair and repeat until there is a winner. Play 3 times.</p>	<p><b>Play Lily Pads:</b> spread out at least 8 landing spots, you can use colored tape, pillows, or stuffed animals. Pretend to be a frog and hop or jump on each spot.</p> 		

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UNT UNIVERSITY OF NORTH TEXAS						February, 2025		Fun Physical Activities at Home Everyday!		TEXAS WOMAN'S UNIVERSITY	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<div><div><p>Head Start to Healthy Lifestyles</p></div><div><p>USDA Supplemental Nutrition Assistance Program Putting Healthy Food Within Reach</p></div><div><p>GOOD FOOD GOOD MOVE</p></div></div> <p><i>This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.</i></p>							<p>1</p> <p>Take a long walk around a farmers' market and find three different fruits and three different vegetables you like.</p> 				
<p>Practice Animal Poses Yoga at home for 15 minutes with your family. Rest and repeat.</p> 	<p>2 <b>Play Lily Pads:</b> spread out at least 8 soft, non-skid landing spots. Pretend to be a frog and hop or jump on each spot. How fast can you jump and hop for 15 minutes. Rest and repeat.</p>	<p>3 Play tag with your family or friends, wear your pedometer to see how many steps you took while running around.</p> 	<p>4 <b>Clap and Catch:</b> throw a soft ball up, clap twice, and catch. Throw the ball higher to get more claps. Practice 10 times. What was the most claps you could get?</p>	<p>5 <b>Freeze:</b> Walk, run, gallop, and hop in a straight line to a corner, freezing when the music stops. Play for 4 songs.</p> 	<p>6 <b>Indoor Bowling:</b> Use 5-10 plastic bottles and a soft ball to set up bowling, you get 2 tries to knock over all the cups, repeat 10 times. Note your knocked down cups to keep score!</p> 	<p>7 Use your pedometer to track your steps at the grocery store or another place you go.</p> 					
<p>9 Play, follow the leader with your family, make sure everyone gets a turn to be the leader. Play for 30 minutes.</p> 	<p>10 <b>Play Rabbits and Roos:</b> take small fast hops like a rabbit and slow big jumps like a kangaroo all around the house for fifteen minutes. Then hop, jump, and pick up your toys and clothes.</p>	<p>11 <b>Balloons:</b> Ask mom to blow up some balloons and see how long you can keep them afloat. Challenge others to the game.</p> 	<p>12 <b>Against the Clock:</b> Set a timer for 10 minutes, hop, skip, and gallop around the house while cleaning up toys on the floor. How many toys did you pick up in 10 minutes?</p>	<p>13 Head to the park and play on the playground for 30 minutes.</p> 	<p>14 <b>Happy Valentines Day!</b> Give your love to your friends and family by giving them some healthy strawberries. Don't they look like hearts?</p> 	<p>15 Head to the park and teach your family how to use your HSHL frisbee.</p> 					
<p>16 <b>Movin' and Groovin',</b> play your three favorite songs and have a freeze dance party, when the music stops you freeze!</p>	<p>17 Grab a healthy snack after school, try sliced apples or baby carrots and a bottle of water. Now it is time for a fast-paced walk outside.</p> 	<p>18 Do a jumping jack for every letter of the alphabet. Can you do it backwards? Rest and repeat counting to 100 and then backwards.</p> 	<p>19 <b>Kick It!</b> Make a goal with two cones or shoes, mark a spot 3-4 feet away from the goal and try to score by kicking the ball into the goal. Try to make 20 goals!</p>	<p>20 <b>Balance:</b> Balance a ball on your head for 10 seconds. Rest and Repeat 10 times. How long you can balance the ball after your practice.</p> 	<p>21 <b>Move Like an Animal:</b> walk like a T-Rex, gallop like a horse, jump like a bunny, crawl like a bear for 10 minutes, what other animals can you move like?</p>	<p>22 Play hide and seek with family members, hide at least 5 times.</p> 					
<p>23 Go outside and jump, skip, gallop, walk backward, and run with a friend or family member. See who is the fastest. See if all can win.</p> 	<p>24 <b>Balance Practice!</b> Place pillows on the floor to make a walking path around the house, walk the path back and forth 5 times.</p>	<p>25 Take 15 minutes to stretch your arms and legs with your family in the morning.</p> 	<p>26 <b>Throw and Catch!</b> Grab a partner and stand a few feet apart, practice throwing and catching a soft ball to each other. 20 times each.</p> 	<p>27 <b>Racetrack:</b> Play music while racing back and forth. Use commands like turn, slow, stop, speed. Freeze when music stops. Repeat for 3 songs.</p> 	<p>28 <b>Jump:</b> In an open space, challenge your family to jump in different ways. Feet barely coming off the floor, high knees, fast, and slow. See who has the best jumping skills.</p>						