



FITNESS CHALLENGE

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Sit-ups Hip Bridges (5 seconds)	2 Plank (20 seconds) 5 Crab Walks	3 CARDIO DAY (1 MIN) SKIP	4 Plank (20 seconds) 5 Crab Walks	5 3 Sit-ups Hip Bridges (5 seconds)	6 GO MINI GOLFING
7 Plank (30 seconds) 7 Crab Walks	8 5 Sit-ups Hip Bridges (8 seconds)	9 Plank (30 seconds) 7 Crab Walks	10 CARDIO DAY (1 MIN) JOG IN PLACE	11 Plank (30 seconds) 7 Crab Walks	12 5 Sit-ups Hip Bridges (8 seconds)	13 TOSS A FRISBEE
14 Plank (40 seconds) 8 Crab Walks	15 7 Sit-ups Hip Bridges (10 seconds)	16 Plank (40 seconds) 8 Crab Walks	17 CARDIO DAY (1 MIN) HULA HOOP	18 Plank (40 seconds) 8 Crab Walks	19 7 Sit-ups Hip Bridges (10 seconds)	20 PLAY DISC GOLF
21 Plank (50 seconds) 10 Crab Walk	22 10 Sit-ups Hip Bridges (15 seconds)	23 Plank (50 seconds) 10 Crab Walks	24 CARDIO DAY (1 MIN) JUMPING JACKS	25 Plank (50 seconds) 10 Crab Walks	26 10 Sit-ups Hip Bridges (15 seconds)	27 PLAY CHARADES FOR FAMILY GAME NIGHT
28 Plank (60 seconds) 12 Crab Walks	29 12 Sit-ups Hip Bridges (20 seconds)	30 Plank (60 seconds) 12 Crab Walks	31 CARDIO DAY (1 MIN) DANCE (CREATE YOUR OWN MOVES)			

August Fitness Challenge Calendar – Simple fitness exercises and outdoor activities to keep kids active during the summer! Celebrate Family Fun Month by sharing the calendar with family and spending time together on Saturdays!

- Crab Walks – count 1 each time you walk
- CARDIO DAY – choose one, a combination, or all activities listed

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Family Fun Month Ideas

*We recommend you research some of the following activities to be sure they are safe and following social distancing guidelines

- Go **mini golfing** in honor of National Golf Month
- Visit the batting cages
- Play **basketball**
- Go for a walk
- Hike at a local park
- Visit a museum and track your steps with a **pedometer**
- Play **disc golf**
- Throw a **frisbee** and practice different serves
- Play a game of **Charades**
- Play a game of **Spikeball**
- Set up an **obstacle course** in the backyard
- Take turns seeing how long you can balance a **hula hoop**
- Go rock climbing
- Take a class at a local fitness center in celebration of National Wellness Month
- Use a **parachute** to play some fun games
- Go swimming in the lake or a pool
- Play **tennis** at the park
- Set up a **volleyball net** and see how long you can volley the ball back and forth
- Play **badminton**
- Set up some **lawn games** in the backyard
- Play a game of **baseball**
- Decorate your own **kites**, then fly them together
- Go kayaking
- Plan a Family **Flag Football** game
- Ride your bikes together
- Draw different hopscotch patterns with **sidewalk chalk** and challenge the whole family to try it
- Play **bocce**
- Set up a game of jumbo pool with **soccer billiard balls**
- Go cosmic bowling or set up your own **inflatable bowling ring toss game**