

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> National Nutrition Month Women's History Month 4th – 5th National Day of Unplugging (sundown-to-sundown) 13th - National Good Samaritan Day <p>Yoga pictures from www.forteyoga.com</p>		<p>1 March Madness! It's March Madness NCAA Basketball season. Meet up with a few friends to shoot some hoops.</p>	<p>2 Try Something New What is a physical activity you've been wanting to try or go do? Make a plan today and go for it.</p>	<p>3 Early Bird How has your sleep been lately? Get to bed 30 minutes earlier than normal today.</p>	<p>4 Helping Hand What is one way you can help someone today? National Day of Unplugging (starts at sundown)</p>	<p>5 Cardio Fitness Go do something to get your heart rate up for 10 minutes. National Day of Unplugging (ends at sundown)</p>
<p>6 Know Your Diet Use a food app to log your food for the day. How much protein are you getting?</p>	<p>7 Web Search Find a new dance trend video and practice it.</p>	<p>8 Think + Choose a Positive Affirmation to say to yourself throughout the day. Ex: "I am strong." "I am talented."</p>	<p>9 Laundry Basket Use a laundry basket and a ball of socks to see how many shots you can make in 1 minute.</p>	<p>10 Throwback Thursday What is an activity you haven't done in a while? Find a way to go do it.</p>	<p>11 Relaxing Reading Find a good read and end your day with 15 minutes of reading to help you get to bed in a relaxed state.</p>	<p>12 Friendly Text Text 3 friends an encouraging note to wish them a wonderful day</p>
<p>13 Muscle Fit! Muscle Strength Fitness Focus: Do 4 rounds of 10 Squat Jumps, 10 Pushups, and 10 Squats. National Good Samaritan Day</p>	<p>14 Green Day Try to focus on getting more vegetables today.</p>	<p>15 Dance Teacher Teach someone a dance or practice a favorite dance with a buddy.</p>	<p>16 Togetherness Connect with a friend today and go for a walk or find an activity to enjoy together. Focus on just being together.</p>	<p>17 Hopscotch Hopscotch your way down the hallway, around the house or yard. Create your own patterns.</p>	<p>18 PE Teacher Teach someone a physical activity you enjoy doing.</p>	<p>19 Take a Deep Breath For a quick pick-me-up, simply take five deep breaths. Slowly inhale for at least 5 seconds and exhale for 10 seconds each time. Your body will thank you for the extra oxygen.</p>
<p>20 Muscle Fit 2! Muscle Endurance Fitness Focus: Do 4 rounds of 20 Walking Lunges, 20 Plank Taps, 20 Jumping Jacks.</p>	<p>21 Healthy Sub. Decide on one healthy food substitute you can make and try it out for today.</p>	<p>22 Dance, Dance Crank it up and dance it out for 2 songs!</p>	<p>23 Tech Break For a few minutes, give your eyes and mind a rest by doing without your computer and cell phone</p>	<p>24 Create a House Basketball Game! Make a balled up pair of socks and use any item as your hoop (box, basket or chair).</p>	<p>25 Yoga! Find a 10 minute yoga video and take a yoga break today.</p>	<p>26 Encourage someone - Isn't it interesting how you always seem to feel better after helping someone else feel better? Call a friend or write a few kind words in a card or even a text.</p>
<p>27 Gratitude List Take a minute to jot down everything you are thankful for at that moment</p>	<p>28 Stair Dance Dance up and down the stairs to a favorite song and see what fun you can create.</p>	<p>29 Flexibility Fit Find a yoga or Pilates video or stretch out for 10 minutes. </p>	<p>30 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>31 Hit the Track With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>	