

Fit Dogs' February Fitness Bingo

<p>Bundle up and choose an outside activity instead of a screen!</p>	<p>Complete 100 Jumping Jacks</p> <p>(Can do all at once or broken up throughout the day)</p>	<p>20 Jumping Jacks 15 Frog Jumps 10 Push-Ups 5 Lunges 10 Push-Ups 15 Frog Jumps 20 Jumping Jacks</p>	<p>Drink water and have a fruit or vegetable for one of your snacks today!</p>	<p>Challenge yourself: How many ski hops can you do in 30 seconds? Record it, take a break, repeat 3 times.</p>
<p>10 Bicep curls 10 Tricep extension 10 Shoulder raises</p> <p>(you can use weights or a can of soup/veggies)</p>	<p>10/10/10/10/10 -sit ups -star jumps -squats - cross body toe touches</p> <p>Repeat set one time (or more for an extra challenge!)</p>	<p>Challenge yourself: How many high knees can you do in 30 seconds? Record it, take a break, repeat 3 times.</p>	<p>Set a 5 minute timer, take this time to stretch your muscles. Do cat & downward dog yoga poses and also any other stretches you remember from gym class or sports' practices.</p>	<p>Ask someone in your house to do an online workout with you.</p> <p>(Please do this with an adult. "kids exercise video workout" on youtube provides a lot of options)</p>
<p>10, 9, 8,... countdown Choose an exercise, do 10, then another exercise, do 9, continue until 0. Try to think of at least 3 different exercises. (Examples, push ups, sit ups, star jumps, lunges...)</p>	<p>Challenge yourself: How many push ups can you do in 30 seconds? Record it, take a break, repeat 3 times.</p>	<p>Free Space!</p>  <p>Name: _____ Class: _____</p>	<p>Bundle up and choose an outside activity instead of a screen!</p>	<p>Plank & Wall Sit Challenge Time yourself, see how long you can hold a plank. Same thing for wall sits. Can you make it longer than 30 seconds? 1 minute? 2 minutes? Or more?</p>
<p>Drink water and have a fruit or vegetable for one of your snacks today!</p>	<p>Pick a sunny day and ask someone in your family to go for a 20 minute (or more) walk/hike or run!</p>	<p>Dance for 20 minutes</p> <p>(this can be using an electronic game, go noodle or music—20 minutes of movement if you don't feel the beat)</p>	<p>Challenge yourself: How many jumping jacks can you do in 30 seconds? Record it, take a break, repeat 3 times</p>	<p>Complete 50 burpees</p> <p>(Can do all at once or broken up throughout the day)</p>
<p>Challenge yourself: How many sit ups can you do in 30 seconds? Record it, take a break, repeat 3 times.</p>	<p>Take a big jump forward, shuffle back to where you started. Repeat 10 times</p>	<p>Ask someone in your house to do an online workout with you.</p> <p>(Please do this with an adult. "kids exercise video workout" on youtube provides a lot of options)</p>	<p>Spend at least 20 minutes practicing a sport you enjoy!</p> <p>(If you don't have a sport, pick an active activity for at least 20 minutes.)</p>	<p>Pyramid workout Choose any exercise, do 1, then another exercise do 2, continue building up until 10 then back down to 0 (Examples: Squats, Lunges, Frogger, Crab walk)</p>

-Belle Aire is lucky to have so many ages of kids. Adults feel free to modify the required amount to challenge the needs of your student at home!

-Students may complete up to two squares a day. Mark date completed on squares when you X it.

-Highlight all bingos, take a screenshot, and send via text to Amanda 262-305-2800 on or before March 1. Make sure your student's name and class is on the form before sending the picture.

-Anyone with 2 or more bingos will be entered in for a prize, anyone with black out bingo will be entered in the prize drawing 3 times! Please wait until the end of the challenge to submit.

-Have fun with this and please reach out if you have questions! Amanda Yoho amanda.yoho@gmail.com