



FITNESS CHALLENGE

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8 Leg Raises 5 Sumo Squats	2 Jumping Jacks (30 seconds)
3 7 Side Lunges 7 Tricep Dips	4 10 Leg Raises 8 Sumo Squats	5 7 Side Lunges 7 Tricep Dips	6 10 Leg Raises 8 Sumo Squats	7 7 Side Lunges 7 Tricep Dips	8 10 Leg Raises 8 Sumo Squats	9 Jumping Jacks (45 seconds)
10 10 Side Lunges 10 Tricep Dips	11 15 Leg Raises 10 Sumo Squats	12 10 Side Lunges 10 Tricep Dips	13 15 Leg Raises 10 Sumo Squats	14 10 Side Lunges 10 Tricep Dips	15 15 Leg Raises 10 Sumo Squats	16 Jumping Jacks (60 seconds)
24 12 Side Lunges 12 Tricep Dips	25 20 Leg Raises 12 Sumo Squats	26 12 Side Lunges 12 Tricep Dips	27 20 Leg Raises 12 Sumo Squats	28 15 Side Lunges 15 Tricep Dips	29 20 Leg Raises 15 Sumo Squats	30 Jumping Jacks (75 seconds)
24 FAMILY FITNESS WEEK	25 FAMILY FITNESS WEEK	26 FAMILY FITNESS WEEK	27 FAMILY FITNESS WEEK	28 FAMILY FITNESS WEEK	29 FAMILY FITNESS WEEK	30 FAMILY FITNESS WEEK

November Fitness Challenge Calendar – Use our November calendar for fitness exercise ideas, plus activities for Family Fitness to do at home with family members over school break!

- FAMILY FITNESS WEEK – Refer to the activity list starting on Page 2
- Side Lunges – Complete one rep by alternating each leg

Special thanks to:



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

Family Fitness Week Ideas

Check off the activities you choose to do this month!

Visit your local school track and go for a run
Ride your bikes around the block or on a trail
Put together a Fitness Scavenger Hunt (print fitness activities & tape them to the items – find a red ball and volley it 5 times, then find the next item)
Work in the garden, or start a new garden as a family
Learn a new dance from a different era, like the Electric Slide
Go swimming in a pool, lake or pond
Go bodyboarding or paddle boarding
Go hiking on a local trail, mountain, or nature center
Write a list of your favorite fitness activities on index cards and place them in a box. Each family member picks a card from the box each day, and everyone does the activities together (play frisbee, go for a walk, etc.)
Fly a kite
Run in a race together – find a charity event or walk for a cause
Rake leaves and jump into the piles
Play sports outside (badminton, baseball, soccer)
Go bowling
Go golfing
Go ice skating
Visit a zoo or museum and wear pedometers to track your steps
Go fishing

Take a karate class as a family
Create an obstacle course with simple items, like hula hoops and swing sets
Play Flag Football
Play outdoor games like Tag, Hopscotch, or Four Square
Visit a local water park
Create a fun coordinated dance together as a family
Learn a few Yoga poses
Go rollerblading or ride scooters
Wash the cars together
Host a Jump Rope competition
Play laser tag
Visit a trampoline park
Have a water balloon fight
Visit a Fitness Center and try a few of the classes they offer (Zumba, Jazzercise)
Go indoor rock climbing
Play a game of Clean the House and make it a race (set a timer and see who can clean their room the quickest)
Play outdoor toss games (horseshoes, ladder toss, cornhole)
Go for a walk on the beach and collect seashells
Create a family play and perform it for friends and neighbors
Come up with a list of simple exercises during TV commercial breaks (sit-ups, run in place)
Go to a park and play catch, kickball, or wiffle ball
Take the dog for a walk
Visit a playground and share memories of your favorite activities (swing set, monkey bars)
Start a Sports Night, where you choose a new sport to practice each day

	Organize neighborhood games, like Capture the Flag
	Partner up for a two-legged race
	Practice basketball moves at a local court, like dribbling, dunking, and passing
	Go kayaking or canoeing
	Play a game of Family Tug-of-War
	Host a fun Limbo competition
	Play an active game of Charades
	Stand in a circle and see how many times you can pass/toss a ball without dropping it