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| Loch lomond LION’S FITNESS MANIA  Notes: Families are encouraged to complete all activities together. For each activity completed, place an x on the square. Activities do not have to be completed in order but complete one activity each day. If you do at least 20 activities, have your child return the sheet to school by May 24th for a chance to win a wellness prize! Draws will take place on May 28th. Have fun! | | | | | | |
| MAY 2019 | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | **1.** Participate in 30 minutes of physical activity as a family. | 2. Try the following activities 3x for 30-60 seconds each  -Skip, Jumping jacks | **3.** Make up your own healthy activity today! | **4**. Stretch for at least 5-10 minutes. |
| 5. Go for a walk as a family. | 6. Practice your juggling and hacky sack skills. | 7. Check out the participation.com website. | 8. With your child, prepare a healthy snack/meal. | 9. Play a game of catch using a soft ball or pair of socks. | 10. Go for a family walk after supper. | 11. Participate in 30 minutes of physical activity. |
| 12. Turn off the T.V. for the whole day. | 13. Turn up the music and dance! | 14. Participate in 30 minutes of physical activity. | 15. Set a physical activity goal for yourself. | 16. Eat supper at the kitchen table. | 17. Do yard work with as a family activity. | 18. Get outside and get moving. |
| 19. Participate in 30 minutes of physical activity as a family. | 20. Play a game of catch using a soft ball or pair of socks. | 21. Try the following activities for 30-60 seconds each: Crunches,  Push-ups, Squats. | 22. Try a new activity or one you haven’t tried in a while. | 23. Play a game of catch using a soft ball or pair of socks. | 24. Return your calendar to your teacher | 25. Turn up the music and dance! |
| 26. High Knee Punch  Run in place with high knees. | 27.  **Thank you for participating ☺** | 28. **Join us for Family Phys. Ed. Night at LLS: 6:00-7:30 pM** | Students Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_  Parents Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |