

December Calendar

Theme: Morning Sunlight, Stay Active, Just Move



Weekly Challenges

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

It's Time To Move

1
Plyometric Burst

2
Air or Chair Burst

3
If Your Active & You Know It

4
Cardio Tabatas

5
Rock Paper Scissors

WEEK 2

Move With Us

8
Levels

9
Active Aerobics #2

10
New Chair Moves

11
Running Tabata

12
Partner Scarf Toss

WEEK 3

You Got This

15
Cup Sprint Relay.

16
Chair The Day.

17
Squat Clap Challenge

18
Squat Tabata

19
Traffic On The Spot

WEEK 4

Winter Fun Pack

22
Winter Fun Pack

23
Winter Fun Pack

24
Winter Fun Pack

25
Winter Fun Pack

26
Winter Fun Pack

WEEK 5

Winter Fun Pack

29
Winter Fun Pack

30
Winter Fun Pack

31
Winter Fun Pack

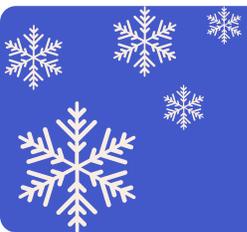
1
Winter Fun Pack

2
Winter Fun Pack

How does this work?

- Click on the activity to see how to perform the exercise.
- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice an Active Burst, Monday - Friday.





December Calendar

Weekly Challenges



WEEK 1

It's Time To Move

As the seasons change, so does the weather. In some places, it gets colder and wet (snow or rain); in others, it may get hot and dry. This week, we challenge you to embrace the change of season. Partner up in your classroom or at home and get moving by playing a game traditionally played outside but now played inside with some modifications. Try crab soccer with a sock ball, knee hockey with pool noodles and a balloon, or indoor tennis by using a plastic container cover or paddle with a tiny balloon or sock ball and see how long you can volley for.

WEEK 2

Move With Us

In all seasons and all types of weather, we challenge you to get moving any way you can. Take a hike or go for a walk. Find new places or do an activity that you have been hoping to try but just haven't done. If you are into sports, try something new. Soccer golf is a great example. Everyone gets a ball and tries to hit a target in the least amount of kicks. Continue alternating players choosing the target. Let us know what you try this week!

WEEK 3

You Got This

It's time to get creative. Have fun inside with movement and games. Create an indoor scavenger hunt (make a list of 10 things for your partner to find - they make a list for you). Run and get them all. Don't forget to run and put them back after for extra movement. Make an indoor obstacle course, use furniture and other props to hop over climb under or scoot around. Time yourself and try to increase your speed with time. Challenge a friend or family member to see who can get through the course the fastest.

WEEK 4

Winter Fun Pack

Be sure to read through the Winter Fun Pack and engage in many new activities. Share your ideas with us on social media we love new creative indoor games!

WEEK 5

Winter Fun Pack

Be sure to read through the Winter Fun Pack and engage in many new activities. Share your ideas with us on social media we love new creative indoor games!

Check out the Trainer Hub for more resources

[CLICK HERE](#)