September 2010 Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
.		Last day to do log rolls in the late summer grass!!	1 WELCOME BACK! Do three sit-ups for every letter in "Back to School".	2 Do 10 tuck jump. Rest. Do 10 more. Can you do 10 more? If you do this 10 more times how many did you do?	3 Dribble a ball 100 times with each hand!	4 How many times can you clap before catching a tossed ball? Try 5 times during the day.
5 Jump rope for at least 5 minutes. Try this before every meal today.	6 LABOR DAY Make up a dance to your favorite song. Teach it to a friend.	7 Balance practice today for 10 seconds on one foot. Try the other foot. Repeat 10 times all through the day.	8 Practice juggling. Offer to teach your juggling skills to an adult.	9 Run backwards 25 steps. Run forward 25 steps. Repeat.	10 Tap a ball off your knee 10 times. Repeat on the other knee. Repeat again to both sides.	11 Jog around the neighborhood with an adult in your family. Play "I Spy" while you are running.
12 Balance a book on your head and walk for at least two minutes. After a rest, try again.	13 Play kickball with your friends during recess today.	14 Eat a fruit or vegetable with every meal!	15 Run in place for one minute. Rest. Run again. Rest. Run again!	16 Walking is great exercise! Power walk five laps around your playground during recess.	17 Play a game of two-square during recess. Strike the ball back and forth with a partner for 100 strikes!	18 Try some tennis today with family!
19 Do 2 sets of 10 pushups. Do 2 sets of 10 sit-ups. Can you do this once more?	20 Play catch with a friend. What is the highest number of times you can catch without a drop?	21 How long can you hop on one foot? Try the other foot. After a rest, do it again.	22 Do one jumping jack for every day in September.	23 Pass a ball around your waist 75 times. Pass it around your knees 25 times. Do it all again!	24 Practice shooting hoops on the playground!	25 Take a bike ride with friends or family today. Wear your helmet!
26 Find a target in your yard and throw a ball at the target until you hit it 100 times.	27 Play "Keep it Up" with a balloon. Find a friend and volley the balloon 50 times.	28 Pretend to be a karate expert. Air Kick at least 50 times. Repeat.	29 March 100 steps in place. Jog 100 steps in place. Do it again.	30 No junk food today!		

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6		8	9
10	11	12	13		15	16
17	18	19	20		22	23
24	25	26	27	28	29	30
31						

SEPT WELLNESS

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	SEPT WELLNESS Page Title Page Title	5	6
7	8	9	10	Page Title Page Title Page Title	12	13
14	15	16	17	Page Title Page Title Page Title Page Title	19	20
21	22	23	24		26	27
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December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1		3	4
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SEPT WELLNESS

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5		7	8
9	10	11	12		14	15
16	17	18	19		21	22
23	24	25	26	27	28	29
30	31					

SEPT WELLNESS

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	SEPT WELLNESS Page Title Page Title	4	5
6	7	8	9	Page Title Page Title Page Title	11	12
13	14	15	16	Page Title Page Title Page Title Page Title	18	19
20	21	22	23		25	26
27	28					

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2		4	5
6	7	8	9		11	12
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27	28	29	30	31		

SEPT WELLNESS

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6		8	9
10	11	12	13		15	16
17	18	19	20		22	23
24	25	26	27	28	29	30

SEPT WELLNESS

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	SEPT WELLNESS Page Title Page Title	6	7
8	9	10	11	Page Title Page Title Page Title	13	14
15	16	17	18	Page Title Page Title Page Title Page Title	20	21
22	23	24	25		27	28
29	30	31				

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1		3	4
5	6	7	8		10	11
12	13	14	15		17	18
19	20	21	22		24	25
26	27	28	29	30		

SEPT WELLNESS

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title

Page Title