



FITNESS CHALLENGE

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5 Side Lunges 5 Tricep Dips	2 6 Leg Raises 6 Sumo Squats	3 5 Side Lunges 5 Tricep Dips	4 6 Leg Raises 6 Sumo Squats	5 Jumping Jacks (30 seconds)
6 8 Side Lunges 7 Tricep Dips	7 10 Leg Raises 8 Sumo Squats	8 8 Side Lunges 7 Tricep Dips	9 10 Leg Raises 8 Sumo Squats	10 8 Side Lunges 7 Tricep Dips	11 10 Leg Raises 8 Sumo Squats	12 Jumping Jacks (45 seconds)
13 10 Side Lunges 10 Tricep Dips	14 12 Leg Raises 10 Sumo Squats	15 10 Side Lunges 10 Tricep Dips	16 12 Leg Raises 10 Sumo Squats	17 10 Side Lunges 10 Tricep Dips	18 12 Leg Raises 10 Sumo Squats	19 Jumping Jacks (60 seconds)
20 FAMILY FITNESS WEEK	21 FAMILY FITNESS WEEK	22 FAMILY FITNESS WEEK	23 FAMILY FITNESS WEEK	24 FAMILY FITNESS WEEK	25 FAMILY FITNESS WEEK	26 FAMILY FITNESS WEEK
27 12 Side Lunges 12 Tricep Dips	28 15 Leg Raises 12 Sumo Squats	29 12 Side Lunges 12 Tricep Dips	30 15 Leg Raises 12 Sumo Squats			

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! *(Be sure to stay safe and follow the rules for social distance)*

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 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 scenic hike 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 and make a video
Learn some new Yoga poses
Go rollerblading or ride scooters
Learn a karate move
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
	Do a virtual museum visit and walk the steps to get your exercise in