

30 Day Fitness Challenge

The Park and Recreation Department challenges you and your family to a 30-Day Fitness Challenge. Complete one box each day, or all 30 every day of the challenge.

<ul style="list-style-type: none"> ▪ Foot hop (10 sec. on each foot) ▪ Big and small arm circles (10 forward and 10 backwards) 	<ul style="list-style-type: none"> ▪ Run in place for 15 seconds x 2 ▪ 10 Jumping jacks x 2 	<ul style="list-style-type: none"> ▪ Family walk 	<ul style="list-style-type: none"> ▪ Touch your toes for 15 seconds ▪ 10 Push-ups 	<ul style="list-style-type: none"> ▪ High knees in place (2 sets of 20)
<ul style="list-style-type: none"> ▪ 15 Sit ups ▪ 10 Crunches x 2 	<ul style="list-style-type: none"> ▪ Play keep it up with a balloon (or a plastic bag if you don't have a balloon) 	<ul style="list-style-type: none"> ▪ 20 Jumping jacks ▪ Hop on 1 foot (10 seconds on each foot) 	<ul style="list-style-type: none"> ▪ Outdoor stop sign race (as fast as you can from one stop sign to the next) 	<ul style="list-style-type: none"> ▪ Play Simon Says
<ul style="list-style-type: none"> ▪ Family walk 	<ul style="list-style-type: none"> ▪ 10 Pushups during commercial breaks 	<ul style="list-style-type: none"> ▪ 15 Sit ups ▪ 20 Jumping jacks x 2 	<ul style="list-style-type: none"> ▪ 20 Minute dance party 	<ul style="list-style-type: none"> ▪ 10 Second plank ▪ 15 Crunches x 2
<ul style="list-style-type: none"> ▪ Play charades (Animal theme) 	<ul style="list-style-type: none"> ▪ Outdoor stop sign race (as fast as you can from one stop sign to the next) 	<ul style="list-style-type: none"> ▪ Play keep it up with a balloon 	<ul style="list-style-type: none"> ▪ Run in place for 30 seconds x 2 	<ul style="list-style-type: none"> ▪ Family walk
<ul style="list-style-type: none"> ▪ 40 Jumping jacks ▪ Big and small arm circles (15 forward and 15 backwards) 	<ul style="list-style-type: none"> ▪ 15 Second Plank ▪ 25 Sit ups 	<ul style="list-style-type: none"> ▪ 20 Minute dance party 	<ul style="list-style-type: none"> ▪ Family walk 	<ul style="list-style-type: none"> ▪ 10 Pushups during commercial breaks
<ul style="list-style-type: none"> ▪ High Knees (4 sets of 20) 	<ul style="list-style-type: none"> ▪ Family Walk 	<ul style="list-style-type: none"> ▪ 25 Sit ups 	<ul style="list-style-type: none"> ▪ Outdoor stop sign race (as fast as you can from one stop sign to the next) 	<ul style="list-style-type: none"> ▪ Play charades (Disney theme)