



Climax-Scotts Fitness Challenge (C.S.F.C.)

January 2017



My healthy goal is: _____

Turn in February 1st to the 3rd to be entered into the prize drawing!

Cross these out with an (X) each day you are successful in completing the task.

January 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th
29th	30th	31st				

USE THE CALENDER TO RECORD YOUR ACTIVITY(S) FOR THE DAY!

Drank at least eight 8oz glasses of water (roughly half a gallon)						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	18	20	21
22	23	24	25	26	27	28
29	30	31				

1½ to 2 Cups of Fruit Each Day						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	18	20	21
22	23	24	25	26	27	28
29	30	31				

2 to 2½ Cups of Vegetables Each Day						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	18	20	21
22	23	24	25	26	27	28
29	30	31				

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Click on C.S.F.C tab

Student Name: _____

Classroom Teacher: _____

<i>January 2017 (CSFC)</i>	<i>Suggested Activities for the Month:</i>	<i>Monthly Healthy Snack</i>
<p><i>This fitness calendar is to promote wellness and to increase opportunities for kids to be more physically active, out of school and to create new opportunities for families to move together.</i></p> <p><i>Start the New Year with a healthier life through positive changes to physical activity and eating behaviors.</i></p> <p><i>Let's get Active and Move!</i></p> <p>Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.</p> <p>If this sounds like a lot, consider that eight to 18 year old adolescents spend an average of 7.5 hours a day using entertainment media including TV, computers, video games, cell phones and movies in a typical day, and only one-third of high school students get the recommended levels of physical activity. To increase physical activity, today's children need safe routes to walk and bike ride to school, parks, playgrounds and community centers where they can play after school, and activities like sports, dance or fitness programs that are exciting and challenging enough to keep them engaged.</p> <p><i>For kids and teens (between 6 and 17 year-olds) your Physical Activity goal should be:</i></p> <ul style="list-style-type: none"> To be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal 11,000; boys' goal 13,000) <p>Turn in February 1st to the 3rd to be entered into the prize drawing <i><u>(must have at least 20 activities to be entered for prize)</u></i></p>	<p>Winter Activities (Outdoors)</p> <ul style="list-style-type: none"> Go sledding Shovel the driveway Ice skating Build a snowman or the biggest snowball you can Go skiing/ snowboarding Snowshoeing Go for a walk or run in the snow <p>Winter Activities (Indoors)</p> <ul style="list-style-type: none"> Crab Walk: Start in your bedroom and lunge walk to every room in your house Lunge Walk: Start in your bedroom and lunge walk to every room in your house Bear Crawl: Start in your bedroom and lunge walk to every room in your house Burpees: Stand with your feet hip width apart and your arms down by your side, Squat placing hands flat on the floor in front of you, Kick your legs backwards into a plank position, Thrust both feet forward so you are back in the squat position, Jump up and raise both hands over your head Chair Dips: Slide your bottom off the seat and hold yourself up with arms straight, keeping your body close to the chair. Slowly lower your body for two counts as you bend your elbows (they should point directly behind you, not out to the sides); straighten your arms for a count of two. ABC Push Ups: Hold your body in a plank position (like a push up). Reach opposite hand to opposite shoulder, alternating back and forth through the alphabet. Add the ages for everyone in the house and do that many jumping jacks Arms Out High Knees (just like High Knees, but with your arms straight out to the sides) 	<p><i>Toss out the junk food and start making snack time fun! Try these kid-friendly snacks ideas to make healthy homemade snacks.</i></p> <p>Kids go crazy over these delicious sippable treats, and they're packed with nutrients. It's a great way to sneak two or three servings of fruit and vegetables into your child's diet.</p> <p><u>Carrot Orange Smoothies</u></p> <p>Prep time: 5 minutes Makes: 32 ounces, or 4 8-ounce servings Ingredients:</p> <ul style="list-style-type: none"> 1 cup peeled, chopped carrots 1 orange, peeled and chopped 1 frozen banana, chopped 1 cup ice 1 cup orange juice <p>Directions: Layer the ice, banana chunks, orange segments, and carrots in the blender, add the orange juice, and blend until smooth.</p> <p><u>Beet Berry Smoothies</u></p> <p>Prep time: 5 minutes Makes: 32 ounces, or 4 8-ounce servings Ingredients:</p> <ul style="list-style-type: none"> 1 cup peeled, chopped beets 1 cup fresh or frozen blueberries 1 frozen banana, chopped 1 cup ice 1 cup orange juice <p>Directions: Layer ice, banana chunks, blueberries, and beets in blender, add orange juice, and blend until smooth.</p>