

May 11th-15th

MONDAY

Fitness

Forward Jacks
Mountain Climbers
Frog Jumps

Do each exercise for 30 seconds then rest for 1 minute.
Repeat 3 Times

Nutrition Tip

Try different textures of fruits. For example, apples are crunch, bananas are creamy and oranges are juicy.

Healthy Athletes Tip

To work on balance, stand on one foot for 15 seconds and then switch to the other foot.

TUESDAY

Fitness

Quadriceps Stretch
Modified Hurdlers Stretch
Chest Stretch

Complete each stretch for 30 seconds on each side.

Nutrition Tip

Many fruits taste great with a dip. Try yogurt or peanut butter as a dip.

Healthy Athletes Tip

Stretch your hamstrings by reaching to touch your toes while standing.

WEDNESDAY

Fitness

Chair Squats
Shoulder Shrugs w Weights
Overhead Press

Plank from Knees
Do 10 of each exercise
Rest for 1 minute.
Complete 3 Times

Nutrition Tip

Rinse fruits before eating them. Under clean running water, rub briskly to remove dirt and germs. Dry with clean towel.

Healthy Athletes Tip

Take a 20 second eye break after 20 minutes of reading or using digital devices.

THURSDAY

Fitness:

Jumping Jacks
March and Swing Arms
Quick Arm Punches

Do each exercise for 30 seconds then rest for 1 minute.

Nutrition Tip

Dry fruit make a great snack. They are easy to carry. Because they are dried 1/4 cup is equivalent to 1/2 cup of other fruits.

Healthy Athletes Tip

Trim your toenails to help keep your feet healthy. Try doing this once a week.

FRIDAY

Fitness Friday Challenge

60 Second Plank
Modified: On Knees, standing against wall.
Seated lift. Facebook page of you doing the challenge.

Nutrition Tip

Make a fruit smoothie by blending yogurt with fresh or frozen fruit. Try bananas, peaches and berries.

Healthy Athletes Tip

Take a break from noisy activities to give your ears some quiet time.