

## May 4th-8th

### MONDAY

#### **Fitness**

Jumping Jacks  
March and Swing Arms  
Quick Arm Punches  
Do each exercise for 30 seconds then rest for 1 minute.  
Repeat 3 Times

#### **Nutrition Tip**

Drink 5 glasses of water a day. Drink one glass AFTER practice or exercise.

#### **Healthy Athletes Tip**

Wear sunscreen with at least SPF 15 to protect your skin. Even if it is cloudy outside.

### TUESDAY

#### **Fitness**

Calf Stretch  
Child's Pose- Yoga  
Knee to Chest

Complete each stretch for 30 seconds

#### **Nutrition Tip**

Sodas and energy drinks have extra sugar and make you gain weight. Many also have caffeine which does not help you stay hydrated.

#### **Healthy Athletes Tip**

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

### WEDNESDAY

#### **Fitness**

Push-Ups on the Wall  
Straight Leg Raises  
Curl Ups  
Do 10 of each exercise  
Rest for 1 minute.  
Complete 3 Times

#### **Nutrition Tip**

Moderate amounts of low-fat milk and 100% juice are also good choice in moderation.

#### **Healthy Athletes Tip**

Do some deep breathing. Inhale and fill your lungs up, then exhale. Repeat 10 times.

### THURSDAY

#### **Fitness:**

Side to Side Hops  
Jog in Place  
Step Ups- Use the bottom step of your stairs.  
Do each exercise for 30 seconds then rest for 1 minute.

#### **Nutrition Tip**

Water is essential for kidneys to function. Drink 5 glasses a day.

#### **Healthy Athletes Tip**

Wear a hat, sunglasses and protective clothing to shield your skin and eyes from the sun.

### FRIDAY

#### **Fitness Friday Challenge**

How many jumping jacks can you do in 60 seconds? Post a picture on our [Facebook page](#) of you doing the challenge.

#### **Nutrition Tip**

Try adding fruit to your water for a little natural flavor.

#### **Healthy Athletes Tip**

Speak words of kindness to yourself. Say three things you are thankful for.