

May 18th-22nd

MONDAY

Fitness

Jumping Jack Squat
High Knees Jog in Place
Side to Side Bounding.

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

Repeat 3 Times

Nutrition Tip

Buy vegetables in season. They cost less and are likely to be at their peak flavor.

Healthy Athletes Tip

Wash your hands under warm water with soap for at least 20 seconds. Wash them frequently throughout the day.

TUESDAY

Fitness

Kneeling Hip Stretch
Butterfly Stretch
Triceps Stretch

Complete each stretch for 30 seconds on each side.

Nutrition Tip

Include chopped vegetables in pasta sauce and as pizza toppings.

Healthy Athletes Tip

Floss your teeth at least once a day. Brush at least twice a day. See your dentist for a cleaning every 6 months.

WEDNESDAY

Fitness

Side Arm Raises
Push-Ups from Knees
Arm and Leg Raise

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

Nutrition Tip

Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers and onions.

Healthy Athletes Tip

Turn down the volume while watching TV or listening to music to protect your ears.

THURSDAY

Fitness:

Forward Jacks
Mountain Climbers
Frog Jumps

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

Nutrition Tip

Dip your veggies in hummus or make a dip from plain greek yogurt and spices for a healthy snack.

Healthy Athletes Tip

Get your blood pressure checked.

FRIDAY

Fitness Friday Challenge

60 Second seated wall squat. Modification seated squat with arms out. Facebook page of you doing the challenge.

Nutrition Tip

Cut up vegetables such as carrots, cucumbers, peppers and cauliflower as a quick afternoon snack.

Healthy Athletes Tip

Check in with a family member or friend. Let them know how you are doing.