

JUNE PHYSICAL ACTIVITY CALENDAR

GET ACTIVE



Follow the daily healthy activities below to help give your day a boost of energy. You can follow the activities with your class, with your family and friends, or on your own.

1
Get active this month.
Set a goal and track your progress.



2
Challenge yourself to try a new type of workout on YouTube!

3
Get some friends together and play a game of tag.

4
Plan a meal this week, and make or help prepare it.



5
Try meditating.
Put on calm music or use an app.

6
Try doing lunges for 2 mins.

7
Get some fresh air and go for a walk. See if a friend can come too!

8
Put your favourite music on and dance for 15 minutes.

9
How many push-ups can you do? Challenge a friend!

10
With a friend take turns flipping a coin. If it's heads, do 5 push-ups or chair dips. If it's tails, do 10 squats or standing calf raises.

11
Track your sleep tonight, try and get 8-10 hours.

12
Try yoga!
Find a class or a YouTube video and focus on your breathing.

13
Try planking for 30 seconds.

14
Go for a walk.
Today I walked for minutes.

15
Roll a dice. For even numbers, do sit-ups for odd numbers, do high knees.

16
Wall-sit Challenge:
Put your back against a wall and your knees at 90 degrees. Try holding it for one minute.



17
Look up and try the Bring Sally Up Squat Challenge by Tabata.

18
Take a break from screens. Shut them off at least 1 hour before bed.

19
Take 10 deep breaths before bed (or when you need to relax).

20
Set a timer for one minute and do mountain climbers.

21
Go for a walk and explore a new path or trail.



22
Break up your studying—take active breaks. Stretch, do squats, or jumping jacks.

23
Challenge a friend! How many sit-ups can you do?

24
Take a study break, get some friends together and get active.

25
Take 10 minutes to stretch.

26
Find a place outside, a park or nature trail — turn off your phone and sit or walk for 30 minutes and pay attention to your surroundings.

27
Do 3 sets of squats for 30 seconds each.

28
Instead of getting a ride—walk, run, or bike today.

29
Get active during commercial breaks. Run in place, do sit-ups, or crunches.



30
Challenge a friend to a plank contest. Try holding as long as you can.

