

# Deerfield's **Active Schools**

February Family

## **FILL THE BOARD**

Wellness Challenge

Dear Elementary and Middle School Parent(s)/Guardian(s),

Congratulations on participating in the:

### **February's Family FILL THE BOARD Wellness Challenge**

Please work as a family to complete each task below and as you do, cross it off. In addition, follow our Deerfield Facebook Page and throughout the month, your family will be asked to post pictures of your workouts. Those who participate and post will be eligible for prizes.

Thanks for participating and Good Luck!

Pam Klein  
Active Schools Coordinator  
Deerfield Health & Wellness Committee  
#activekidsarehealthierandbetterlearners

<p><b><u>Code Word</u></b> While watching TV one evening, anytime you hear the code word <b><u>AND</u></b>, complete 10 jumping jacks</p>	<p><b><u>Commercial Planks</u></b> While watching TV one evening, each time there is a commercial work to complete a plank the entire time.</p>	<p><b><u>Technology Stroll</u></b> One afternoon or night, anytime you are on your phone at home, walk around your entire house.</p>	<p><b><u>Group Exercise</u></b> Get an exercise DVD or find one on the internet and do it with the whole family. Minimum time of 10 minutes.</p>
<p><b><u>Ten at a Time</u></b> Do each of the following when you wake up one morning: mountain climbers, sit-ups, push-ups, high knees.</p>	<p><b><u>Staircase Challenge</u></b> Each member of your family must do one flight of stairs for each year of their age. Up and down = 1.</p> 	<p><b><u>Strike a Yoga Pose</u></b> Do each of the following before bed one night for one minute: seated forward bend, low lunge pose, butterfly pose.</p> 	<p><b><u>Tabata This!</u></b> Do each one of the following exercises for 20 seconds with 10 seconds of rest in between, five rounds: Mountain climbers, air jump ropes, squats.</p>
<p><b><u>Leg Day</u></b> 25 Squats 25 Alternating Leg Lunges 25 High Knees 25 Toe Raises</p> 	<p><b><u>Balance Test</u></b> Complete after dinner one night: Tree pose for 30 seconds each leg, two rounds.</p> 	<p><b><u>Kitchen Workout</u></b> Complete before dinner one night: 20 Side Leg Lifts Each Leg.</p> 	<p><b><u>Outdoor Play</u></b> Spend 30-60 minutes outside playing in the snow.</p> 