

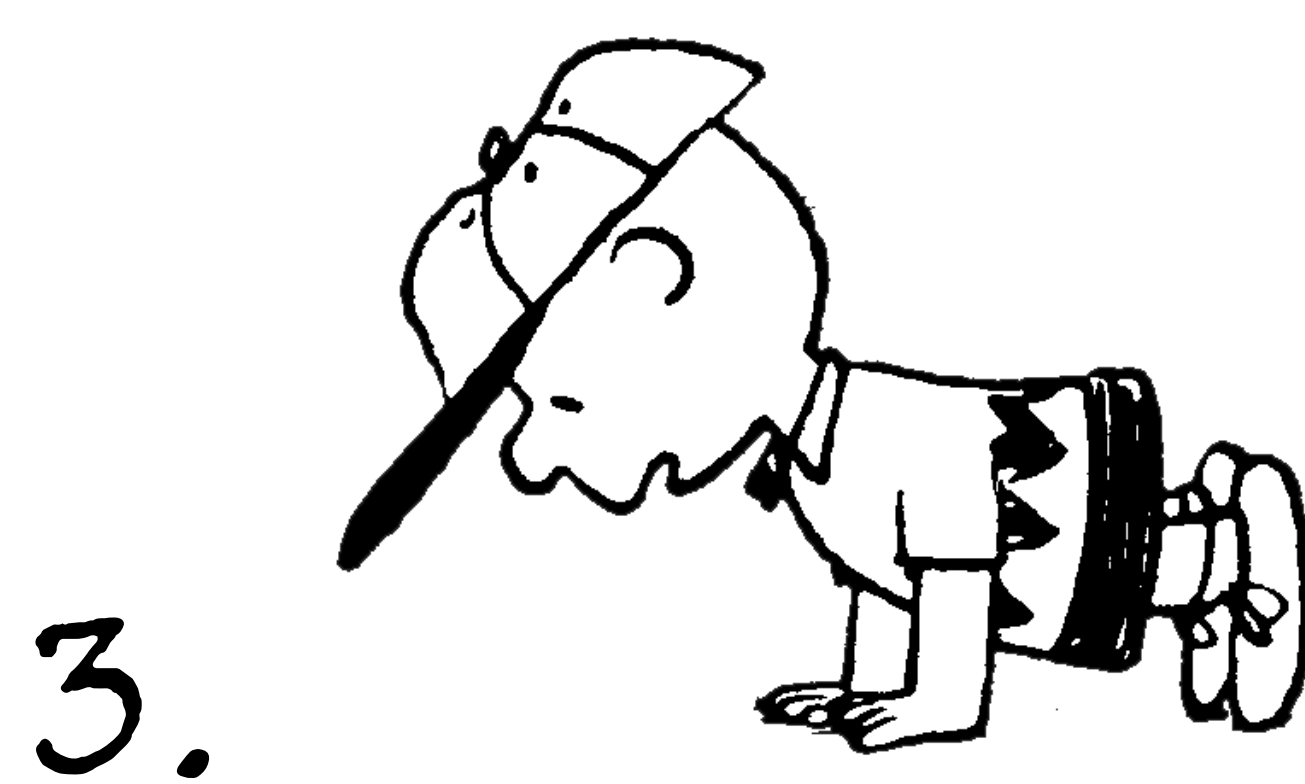
30 DAYS OF PHYSICAL ACTIVITY

Taking care of yourself means taking care of your body. Exercise gives you energy, helps you process the food you eat, and can even improve your mood!

Exercising regularly is all about building habits. This month, we're challenging you to get active every day. Each day, choose three of the listed activities to complete, and check them off on the checklist grid on the next page. You can vary up your routine each day, or find a routine you like and stick to it.

EXERCISES

1. Marcie Squats: Keeping your back straight, bend your knees so your thighs are parallel with the ground and your knees stay directly above your ankles. Stand back up. Repeat 10 times, take a short rest, then repeat 10 more times.
2. Lucy Lunges: Step forward with your right leg and bend your knees as if you're kneeling down, but without touching your left knee to the ground. Bring your right leg back so you're back in a standing position. Repeat the same motion with your left leg. Repeat both sides 10 times, take a short rest, then repeat 10 more times.
3. Charlie Brown Plank: Lay on the floor with your elbows directly under your shoulders. Push yourself up onto your elbows and toes, keeping your back straight. Stay in that position as long as you can, up to around a minute. Take a short rest, then repeat once more.



4. Spike's Jumping Jacks: Stand with your feet together and hands at your sides. Jump, landing with your feet apart and arms raised, and say "Good!". Jump again, bringing your feet back together and arms back down, and say "Grief!". Switch quickly back and forth between the two positions. Repeat 20 times, take a short rest, then repeat 20 more times.
5. Woodstock Walk: Take a 15 minute walk or jog around your house, backyard, or neighborhood.
6. Snoopy Dance Party: Put on your favorite tunes and dance your heart out for 10 minutes!
7. Rest Day: Once a week, take a rest day—when you're doing a lot of exercise, it's important to let your body rest every so often. This doesn't mean you can't move around or be active at all, just that you should let your muscles rest from more intense exercise.

PEANUTS®

TAKE CARE OF YOURSELF

_____ 'S ACTIVITY TRACKER

Your name here!

	Marcie Squats	Lucy Lunges	Charlie Brown Plank	Spike's Jumping Jacks	Woodstock Walk	Snoopy Dance Party	Rest Day!
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							
Day 15							
Day 16							
Day 17							
Day 18							
Day 19							
Day 20							
Day 21							
Day 22							
Day 23							
Day 24							
Day 25							
Day 26							
Day 27							
Day 28							
Day 29							
Day 30							

PEANUTS®

TAKE CARE OF YOURSELF

OBSTACLE COURSE

You can make an obstacle course out of almost anything! Using the materials below, create your own obstacle course in your home or backyard. Race against friends and family to see who can complete the course the fastest, or just race against yourself and try for your best time.

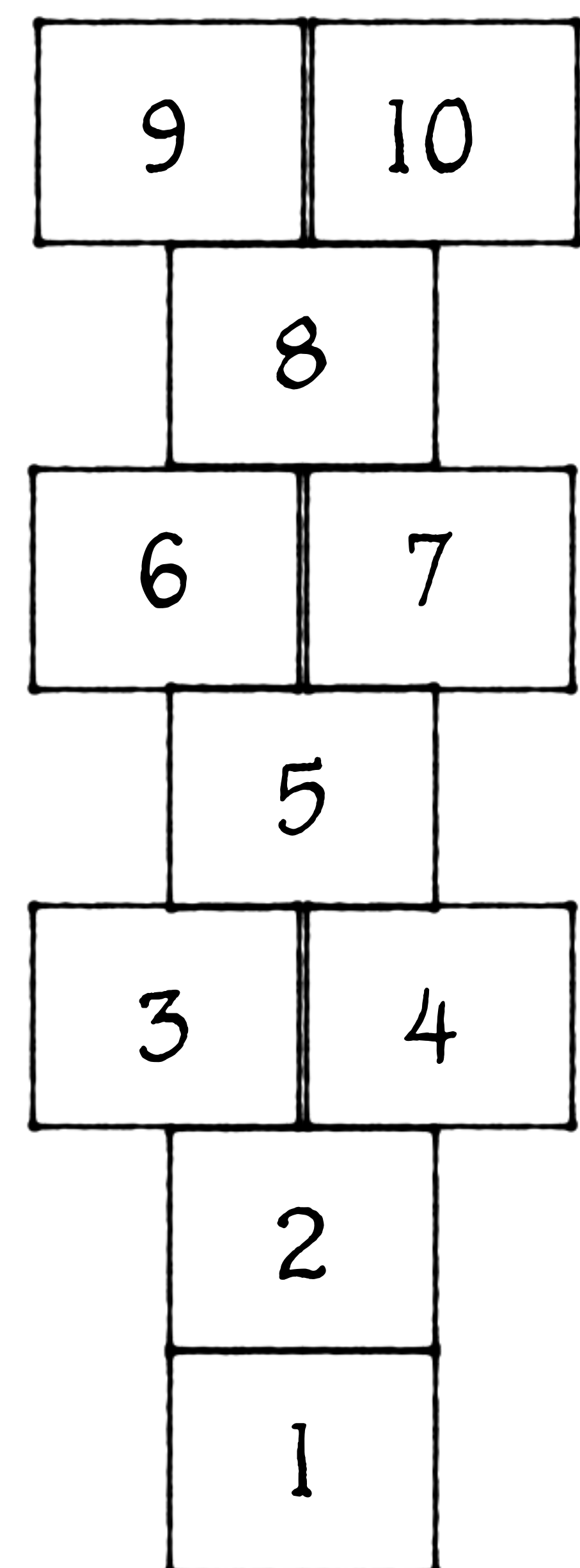
Balance Beam

Using tape or sticks, layout a straight or zigzag line (like Charlie Brown's shirt!) on the ground. Walk on top of the lines without stepping off, as if you were on a real balance beam!



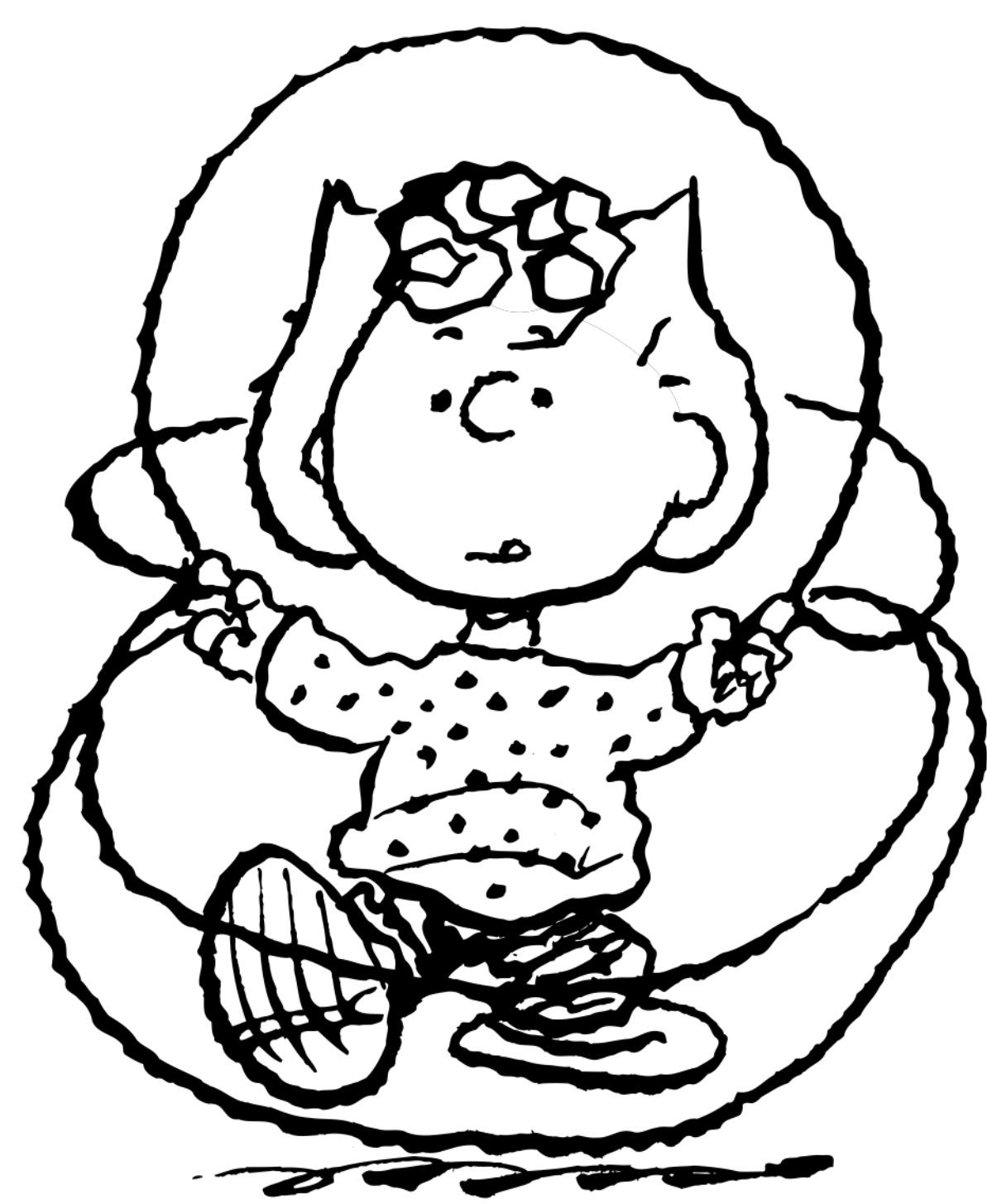
Hopscotch

Using tape, pillows, sticks, or chalk, set up a hopscotch grid like the one on the right, and hop across!



Zig-zag

Use chairs, balls, or sticks and set them up in a straight line about a foot apart from each other. Zigzag through the obstacles, passing one on the left, the next on the right, and so on.



Jump Rope

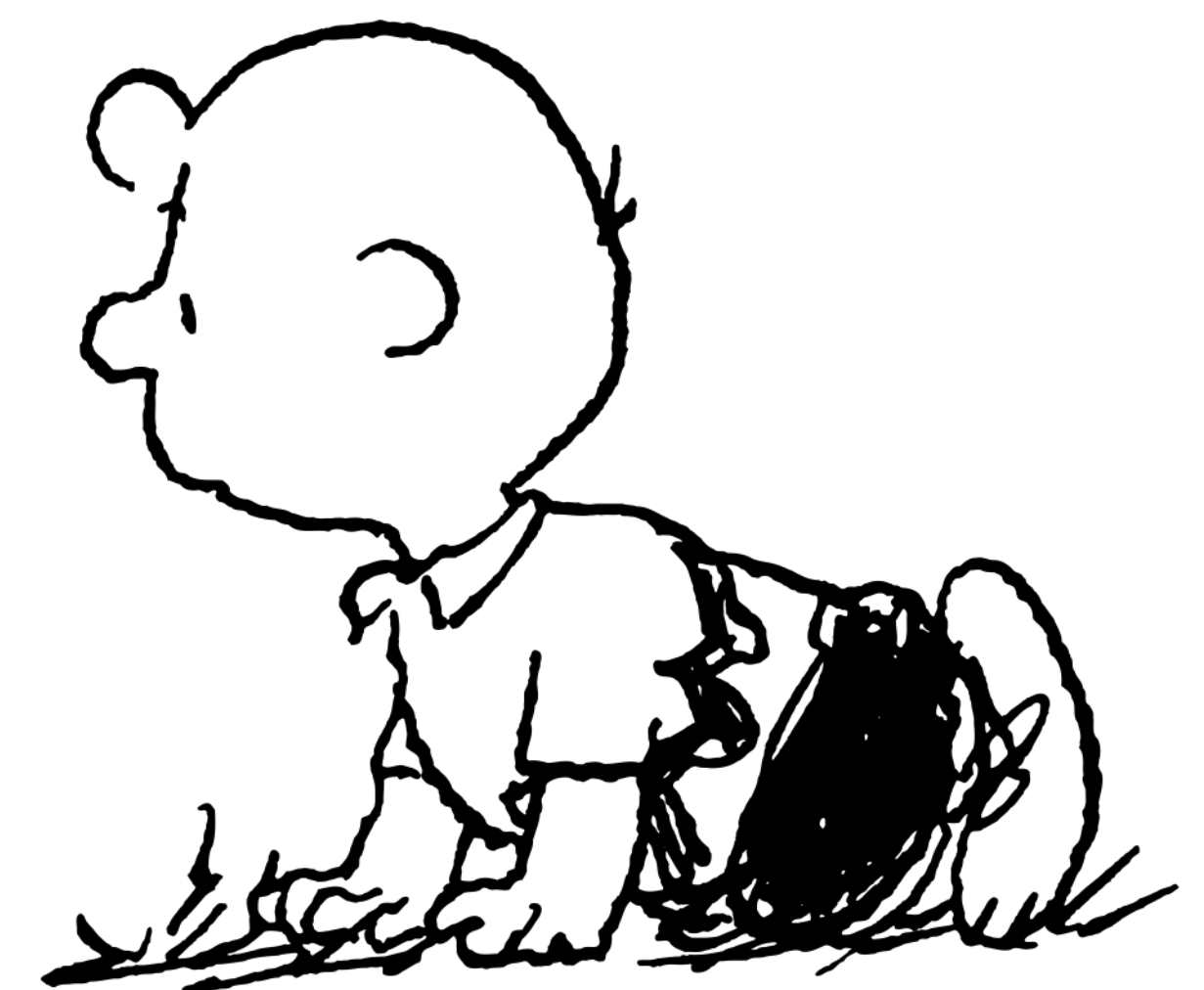
Jump over a jump rope five times in a row.

Hurdles

Tie strings between the seats of two or three sets of two deck chairs, or set up two or three short stools or bricks a couple feet apart from each other. Jump over each of them in quick succession.

Arch

Use a table, prop a couch cushion against the base of the couch, bend a pool noodle, open the bottom of a large cardboard box, or tie a string to the top of two deck chairs. Crawl through the space under your arch.



The Finish Line!

Set up a string, a bell/noisemaker, and even some balloons at the end of your course—once the person timing you hears that bell, they'll know it's time to stop the timer.