



Johnnycake Corners
"Get Up and Get Movin'" Challenge
Sponsored By Circuit Wellness

Day One

- 1 Pt. Warm up for 5 minutes (jog around house, jump rope, walk etc)
- 1 Pt. 25 Jumping Jacks
- 1 Pt. 15 Sit Ups
- 1 Pt. 10 Push Ups
- 1 Pt. 5 Minute Stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Day Two

- 1 Pt. Warm up for 5 minutes
- 1 Pt. Jump Rope for 5 minutes
- 1 Pt. Toss a ball with your family for 10 minutes
- 1 Pt. Play your favorite outdoor sport with your family
- 1 Pt. 5 minute Stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Day Three

- 1 Pt. Warm up for 5 minutes
- 1 Pt. 25 Squats
- 1 Pt. 30 Lateral Football Shuffles
- 1 Pt. Run or climb stairs 10 times
- 1 Pt. 5 minute Stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Day Four

- 1 Pt. Warm up for 5 minutes
- 1 Pt. Play at the park for 30 minutes with your family
- 1 Pt. Race each member of your family (be creative: crab walk, forward, backward, sideways, giant steps, one foot, partner/3 legged, hopping, etc.)
- 1 Pt. Arm curls holding anything heavy 10 each arm
- 1 Pt. 5 minute stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Day Five

- 1 Pt. Warm up for 5 minutes
- 1 Pt. 25 Jumping Jacks with a partner
- 1 Pt. 15 Sit Ups passing a ball back and forth
- 1 Pt. 10 Push-Ups (try with one hand)
- 1 Pt. 5 minute Stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Day Six

- 1 Pt. Warm up for 5 minutes
- 2 Pts. Family Bike Ride or Hike on Trail (2 Pts)
OR Walk one mile
- 1 Pt. Find your heart rate and count for one minute...write it here _____
- 1 Pt. 5 minute Stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Day Seven

- 1 Pt. Warm up for 5 minutes
- 1 Pt. 25 chair sits (for a challenge choose a low chair)
- 1 Pt. 15 Chest press holding cans of food
- 1 Pt. 10 Lunges
- 1 Pt. 5 minute Stretch
- 1 Pt. 2 or more family members join you
- 1 Pt. For completing all 5 exercises
- 5 Pts. For turning off your TV, computer and video games for the day
- 5 Pts.Extra Credit-Please Explain _____

Total points for the day _____

Extra Credit: 5 Points Each

- ❖ Participate in a sport (if you play soccer, football, tennis, Lacrosse etc. this will count as 5pts. Each day you play)
- ❖ Attend or Teach an Exercise Class
- ❖ Recruit another family to do the daily contest
- ❖ Encourage another family member to turn TV, Computer or Video Games off for the day.
- ❖ Other: _____

Johnnycake Corners presents to you our first annual Get Up and Get Movin' Family Challenge. Beginning Today, Wednesday, September 23, (or Thursday, September 24 if you are in the Tuesday/Thursday kindergarten classes) we challenge you as a family to turn off your computer, TV's and video games to get up and get movin' together as a family. Each day you will have the opportunity to earn points for a chance to win some great prizes. The week will end with our 3rd annual Walk a Thon right here at JCES. Winners of the challenge will be announced Friday, October 2 after the Walk-a-Thon. If you have any questions regarding the Get Up and Get Movin' Challenge please feel free to contact Delcina Jones at delcina07@yahoo.com.

Challenge Rules:

- ❖ Complete as many of the activities per day within the 7 days as you can with your family.
- ❖ You may switch days to accommodate schedules, but you may only do each day once.
- ❖ You can modify your exercises to your fitness level. If you can't do 25 squats do 5 sets of 5. Or if you have an injury that prevents you from participating replace the exercise with one that you can do.
- ❖ You can take short breaks, but you must complete each day or do at least 30 minutes of exercise per day.
- ❖ You may earn only one extra credit (5 Points) per day for other outside activities
- ❖ You will receive 5 bonus points for each day that you do not turn on your TV, computer or video game.
- ❖ Monday-Wednesday Kindergarten and grades 1-5 must have forms completed and returned to school on **Wednesday, September 30th**. Tuesday and Thursday kindergarten classes must return their forms on **Thursday, October 1st**. We will **not** be able to accept forms on the day of the Walk-a-Thon.

Prizes

- ❖ The class that has the most points at the end of the challenge will receive a FREE class party at Circuit Wellness. If there is a tie there will be a fitness challenge face off between the classes that tied.
- ❖ The students that have the most points will be entered into a drawing for a chance to win an \$50 Exergame Card to use at Circuit Wellness. (\$50 Value)
- ❖ All families that participate will be entered into a drawing to receive a 3-Month Family Membership to Circuit Wellness. (\$300 Value)

Exercise Descriptions:

- ❖ Squats-Stand with feet flat on floor hip width apart and sit back as though you are sitting in a chair. Do not let your knees exceed past your toes. Return back to start position and repeat.
- ❖ Lateral Football Shuffles-stand with feet shoulder width apart and shuffle to the right 30 steps and then back to the left for 30 steps.
- ❖ Sit Ups-Lie on your back on the floor and cup hands behind ears and use abdominal muscles to raise shoulders off floor at you perform a sit up. To prevent pulling with your neck imagine a tennis ball under your chin.
- ❖ Arm Curls-Hold an object in each hand at your sides and curl up to chest level then return to starting position and repeat.
- ❖ Chair Sits-Same as squat but use a chair to sit back on, but be sure to stand back up do not rest for too long.
- ❖ Chest Press-Lay flat on floor or bench while holding an object in each hand at press object to ceiling.
- ❖ Lunges-Stand with feet together and take a step with your right foot now lower your body straight down to the floor while keeping your spine straight. Go as low as you can without touching the floor with your knee. Push with your right heel to return to the starting position. Repeat and don't forget the other leg.

