**12 Days of Fitness**

Monthly Campaign Announcements:

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| Day 1 | This holiday season remember to stay healthy! On the announcements during the month of December we are going to do the 12 Days of Fitness! Each day, a new activity will be added to the list. Check out the bulletin board insert location of bulletin board to see a new activity unveiled each day. |
| Day 2 | Don’t forget that we will be starting our 12 Days of Fitness on Monday. Make sure to drink plenty of water this weekend so you’re ready for our first activity. This can be changed to fit the dates for December. |
| Day 3 | We are starting our 12 Days of Fitness today! Stand up quietly and get ready to do some actions with us! Are you ready???  “On the first day of fitness insert school name gave to me: One walk around my desk!” (pause to allow time to walk)  Stay tuned for tomorrow’s announcement, when we learn what action is for the 2nd day of fitness!  Remember to check out the bulletin board insert location of bulletin board if you want to see pictures of insert school name students performing the actions. Maybe you’ll find a picture of yourself on the board! |
| Day 4 | Stand up quietly and get ready to do some actions with us for the 12 Days of Fitness. It’s the second day of fitness! Get ready…  “On the second day of fitness insert school name gave to me:  Two toe touches (count 1… 2…)  And one walk around my desk” (pause to allow time to walk) |
| Day 5 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the third day of fitness, insert school name gave to me: Three muscle poses (COUNT 1… 2… 3) Two toe touches (COUNT 1… 2… And One walk around my desk” (pause to allow time to walk) |

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| Day 6 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the fourth day of fitness, insert school name gave to me: Four desk push ups (COUNT 1…. 2…..3 …..4) Three muscle poses (COUNT 1… 2… 3…) Two toe touches (COUNT 1… 2…) And ONE walk around my desk” (pause to allow time to walk) |
| Day 7 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the Fifth day of fitness, insert school name gave to me: Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk) |
| Day 8 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the sixth day of fitness, insert school name gave to me: Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk)  Remember, if you’re not sure of the moves, you can look at the bulletin board insert location of bulletin board to see pictures of insert school name students acting them out. |
| Day 9 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the seventh day of fitness, insert school name gave to me: Seven arm circles (COUNT 1…2….3…4…5…6…7…) Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk) |

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| Day 10 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the eighth day of fitness, insert school name gave to me: Eight knee lifts (COUNT 1…2…3…4…5…6…7…8…) Seven arm circles (COUNT 1…2….3…4…5…6…7…) Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk) |
| Day 11 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the ninth day of fitness, insert school name gave to me: Nine seconds rest (COUNT 1…2…3…4…5…6…7…8…9…) Eight knee lifts (COUNT 1…2…3…4…5…6…7…8…) Seven arm circles (COUNT 1…2….3…4…5…6…7…) Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk) |
| Day 12 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the tenth day of fitness, insert school name gave to me: Ten calf raises (COUNT 1…2…3…4…5…6…7…8…9…10) Nine seconds rest (COUNT 1…2…3…4…5…6…7…8…9…) Eight knee lifts (COUNT 1…2…3…4…5…6…7…8…) Seven arm circles (COUNT 1…2….3…4…5…6…7…) Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk) |

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| Day 13 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness.  “On the eleventh day of fitness, insert school name gave to me: Eleven chair sit squats (COUNT 1…2…3…4…5…6…7…8…9…10…11) Ten calf raises (COUNT 1…2…3…4…5…6…7…8…9…10) Nine seconds rest (COUNT 1…2…3…4…5…6…7…8…9…) Eight knee lifts (COUNT 1…2…3…4…5…6…7…8…) Seven arm circles (COUNT 1…2….3…4…5…6…7…) Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk) |
| Day 14 | Stand up quietly and get ready to do some actions with us for our 12 Days of Fitness. It’s our last day!  “On the twelfth day of fitness, insert school name gave to me: Twelve jumping jacks (COUNT 1…2…3…4…5…6…7…8…9…10….11…12…) Eleven chair sit squats (COUNT 1…2…3…4…5…6…7…8…9…10…11) Ten calf raises (COUNT 1…2…3…4…5…6…7…8…9…10) Nine seconds rest (COUNT 1…2…3…4…5…6…7…8…9…) Eight knee lifts (COUNT 1…2…3…4…5…6…7…8…) Seven arm circles (COUNT 1…2….3…4…5…6…7…) Six shoulder shrugs (COUNT 1… 2… 3…. 4…5… 6…) Fiiiive hiiiigh fiiiiiives (pause) Four desk push ups (COUNT 1… 2…. 3…. 4) Three muscle poses (COUNT 1…. 2…. 3…) Two toe touches (COUNT 1…. 2…) And one walk around my desk” (pause to allow time to walk)  Great work on completing the 12 Days of Fitness! Hopefully you had fun! Can you remember all 12 moves to share with your friends and family at home? Give it a try! |

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| Day 15 | There are many fun ways to stay fit over the holiday season. How about going outside and playing catch? Playing catch isn’t just a summer activity, it can be even more fun when you play it in the snow.  Give it a try! |
| Day 16 | Making the healthy choice can be hard over the holidays. By choosing delicious, nutritious fruit instead of less healthy squares and candy, you are well on your way to having a healthy holiday season. |
| Day 17 | Remember to keep fit over the holiday break, try some of the activities we learned about during the 12 Days of Fitness. See you in the New Year! |