**12 Days of Fitness (Gr. 7-12)**

Monthly Campaign Announcements:

*Start 12 school days before school breaks for the winter holidays.*

| Day 1 | This holiday season, remember to stay healthy! As we lead up to our holiday break we are going to do the 12 Days of Fitness together over the announcements! Each day, a new activity will be added to the list. Check out the bulletin board by the gym to see a new activity unveiled each day. Today is day 1. So get ready and stand up! *“On the first day of fitness School Name or Principal Name gave to me:One walk around my desk!” (pause to allow time to walk)* |
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| Day 2 | Remember to check out the bulletin board outside the gym to find out facts about the muscle groups we are using during the 12 days of fitness! Day two is here. Stand up, and get ready to increase flexibility in your **lower back, glutes and hamstrings***“On the second day of fitness school or principal name gave to me:Two toe touches* (count 1… 2…)*And one walk around my desk”* (pause to allow time to walk) |
| Day 3 | The 12 days of fitness stimulates the cerebellum in our brain and helps us learn throughout the day. Everyone stand up!...including you, teachers! Get ready to flex your **biceps**.*“On the third day of fitness, school or principal 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) |
| Day 4 | Ready to wake up your brain? Stand on up! Today you’ll be training your **triceps, pectoral muscles, and shoulders***“On the fourth day of fitness, school or principal 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 5 | Feeling lethargic? The 12 days of fitness are here to help! Stand up!*“On the Fifth day of fitness, school or principal 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 6 | Still sleepy? Maybe this **trapezius** workout will help. It’s time for the 6th day of fitness! “On the sixth day of fitness, school or principal 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 7 | Wow! Everyone is getting into the fitness song, are you ready to test your **arm** and **core** muscles? It’s time to stand up for the 7th day of fitness!*“On the seventh day of fitness,school or principal 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) |
| Day 8 | Only 5 days left to complete the 12 days of fitness. Let’s activate those hip flexors with some knee lifts today!*“On the eighth day of fitness, school or principal 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 9  | Did you know that even just standing increases your heart rate by 5 – 7%? Our action today is a punch. It activates your entire upper body and all your muscles work together to make this move power-packed. Your **traps, shoulder, biceps, triceps, forearm, chest, quads, glutes, abdomen**, and many more muscles make this a power move. Even if you don’t want to do the action, simply stand up!*“On the ninth day of fitness, school or principal name gave to me:Nine jabs or punches* (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 10 | Today is an easy one! Let’s work out **calf** muscles! Are you standing up!?*“On the tenth day of fitness, school or principal name gave to me:Ten calf raises* (COUNT 1…2…3…4…5…6…7…8…9…10)*Nine jabs or punches*(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 11 | Two days left! Squats are my favourite for targeting my **glutes** and **quadriceps**.*“On the eleventh day of fitness, school or principal 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 jabs or punches* (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 | Thanks for participating in the 12 days of fitness and getting your brain ready to learn each morning! This is the last day so let’s have everyone participate! *“On the twelfth day of fitness, school or principal 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 jabs or punches* (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, think about all the muscles you’ve activated this month! Don’t forget to move your body this holiday season! |