






# February 2023 - Jump rope to strengthen your heart!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>WHY JUMP ROPE?</b>				
	1. Jumping rope can increase the elasticity and resiliency of lower-leg muscles, leading to a reduced risk of lower-leg injuries.	2. Jumping rope can help improve your coordination.	3. Jumping rope can help improve your cognitive function.			
<p><b>Non-stop jumping, is jumping rope for as long as you can without getting tired or tangled.</b></p>			<p>1 Who in your family can jump rope the most times in 60 seconds? _____</p>	<p>2 See if you can jump rope backwards – start with the rope in front, how many jumps did you do? _____</p>	<p>3 </p>	<p>4 Do a jump for each letter in the words FISHKILL. How many did you do?</p>
<p>5 Jog in place for 30 seconds each time a commercial comes on the TV if you watch it today.</p>	<p>6 What number is Chris Kreider of the NY Rangers? _____ Do that many sit-ups? _____</p>	<p>7 Do you know any jump rope rhymes? Which one is your favorite? _____ Don't forget to practice it!</p>	<p>8 WORKOUT WEDNESDAY </p>	<p>9 Find something round, do a plank &amp; roll for every letter of your name. How many did you do? _____</p>	<p>10 Find a line on the floor – do scissor kicks over that line. How many did you do? _____</p>	<p>11 Practice your non-stop jumping. How long did you jump for?</p>
<p>12 Organize a family game and play it. What was the name of your game?</p>	<p>13 Can you hop rope? See how many times you can! _____ times</p>	<p>14 Dribble a basketball while in the push-up position. Switch hands every 5 dribbles!</p>	<p>15 Jump into each room of your house with a ball between your ankles!</p>	<p>16 Dance with a grown-up to two songs on the radio. What songs did you dance to?</p>	<p>17 <b>All donations are due for Kids Heart Challenge!</b></p>	<p>18 How long does it take you to jump rope 30 times? _____ seconds.</p>
<p>19 Jog in place for 30 seconds each time a commercial comes on the TV if you watch it today.</p>	<p>20 See if you can jump rope backwards – start with the rope in front, how many jumps did you do? _____</p>	<p>21 Practice hopping – see how many hops you can do on each foot!</p>	<p>22 How long does it take you to jump rope 100 times? _____ seconds.</p>	<p>23 How high is a basketball hoop? _____ ft. Do that many planks with shoulder taps.</p>	<p>24 Find a line on the floor – do scissor kicks over that line. How many did you do? _____</p>	<p>25 Go on a walk with your family that is at least 25 minutes long! How long was it? _____ min</p>
<p>26 Who in your family can jump rope the most times in 60 seconds? _____</p>	<p>27 Practice your non-stop jumping. How long did you jump for?</p>	<p>28 Try and jump rope backwards! How did it go?</p>				