

January Family Activity Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day First Day Hike	2 Monday Muffins- Blueberry	3 Building Strength- Wall Sit	4 Citrus Shake Up- Oranges	5 Active Indoors- Indoor Obstacle Course	6 Dance Party-Hip Hop	7 Winter Walk
8 Goal Check-in	9 Monday Muffins- Morning Glory	10 Building Strength- Tricep Dips	11 Citrus Shake Up- Lemons	12 Active Indoors- Stair Circuit	13 Dance Party-80's Favorites	14 Winter Walk
15 Goal Check-In	16 Monday Muffins- Zucchini	17 Building Strength- Deadlift	18 Citrus Shake Up- Grapefruit	19 Active Indoors- Room Aerobics	20 Dance Party- Country	21 Winter Walk
22 Goal Check-in	23 Monday Muffins- Egg	24 Building Strength- Jumping Jack variations	25 Citrus Shake Up- Tangerine	26 Active Indoors- 5 Minute Fitness	27 Dance Party-Hype Songs	28 Winter Walk
29 Goal Check-in	30 Monday Muffins- Banana	31 Building Strength- Pulsing lunges				
			<i>Julia on the Edge</i>			

- First Day Hike** Start the year off with a hike and your first hour of outside time for 1000 Hours Outdoors
- Monday Muffins** Each week we will feature a different type of muffin that we make a little more nutritious. Watch our social media for recipes!
- Building Strength** Every Tuesday we will learn a new strength move. We will add a new move each week to “Build” a strength circuit. Videos will be posted online.
- Citrus Shake-up** Winter is the prime season for citrus fruit to be ripe. Grocery stores will have an abundance of oranges, mandarins, lemons, limes, and grapefruit to name a few. Try a new citrus fruit each week or look for recipes posted on social media.
- Active Indoors** Sometimes we need an alternative to being active outside. On Thursdays this month we will explore different ways to have fun exercise inside.
- Dance Party** It’s the weekend! Pump up the tunes from a different genre each week and get moving!
- Winter Walk** Walk, hike, run—move however you like as long as your are outside enjoying winter. January is National Walk Your Dog Month so bring along your furry friend for some outside exercise, too!
- Goal Check-in** What goals did you set for this month? On Sundays, take some time to check in to see how you are progressing. Do you need to adjust your plan? Running into obstacles? Review your goals and get ready to tackle the week!

Julia on the Edge