

For this challenge, gather the family and commit to doing 10 push-ups each day for 30 days. If it works well for your family, keep it going! We may have petered out after 3 months, but we still try to get our push-ups in more often than not.

Some of your children, and maybe even you, will need to start with modified push-ups and that is totally OK! Begin wherever you are and try to become a little stronger every day.



36. DO SIT-UPS AS A FAMILY

Keeping kids active or even interested in being active can seem like a war you wage against the dreaded screens. I'm pretty sure I'm not the only parent that struggles with getting their kids active and cutting back on screen time.

One way that has worked to support more activity in our home is challenges like this one, and sit-ups are an easy exercise that most kids can do. The idea is to just get in the habit of moving with your kids every day and make sit-ups a part of your bedtime routine.

Every night as you're all getting ready for bed, complete a set of sit-ups. You can start with five a night and add a few more every week.

Listen to your kids and let them lead the way with how many they can do. Unless, of course, they say they can't do it; in that case, encourage them and let them know they can! Celebrate completing the challenge with a fun game or movie night as a family.

TIP:

» If your kids are struggling, have them tuck their toes under a couch for extra support.

For this challenge, create a “yoga deck” of poses, and every night for 30 days allow your kids to pick five yoga poses to flow through. Parents can get in on the fun too! Yoga is equally beneficial for you, and your kids will love seeing you try to do the poses alongside them.

- Boat
- Bridge
- Butterfly
- Cactus
- Cat
- Chair
- Child’s Pose
- Cobra
- Corpse
- Cow
- Crow
- Dancer
- Dolphin
- Downward Dog
- Easy Pose
- Extended Side Angle
- Forward Bend
- Frog
- Gorilla
- Half Bow
- Happy Baby
- Hero
- Knee to Chest
- Legs Up the Wall
- Lion
- Locust
- Lotus
- Mountain
- Pigeon
- Plank
- Pyramid
- Reclining Butterfly
- Runner’s Lunge
- Seated Forward Bend
- Seated Half Twist
- Tree
- Triangle
- Upward Facing Dog
- Upward Salute
- Warrior 1
- Warrior 2
- Warrior 3
- Wheel
- Wide-Leg Forward Bend

