



Coulee Region Walk Around the World Challenge



February 6th-March 2nd, 2012

Travel to Juneau, Alaska this winter! Each day you try at least one activity from the chart below you will earn 140 miles. Try something every day and you will earn enough miles to “walk” from La Crosse County, WI to Juneau, Alaska, approximately 2,800 miles! Place an X in the box after you try an activity.

<p>Play Freeze Tag during recess.</p> 	<p>Stretch your arms and legs for 3 minutes each.</p> 	<p>Grab an invisible jump rope and jump 50 times. Switch directions and repeat.</p>	<p>Eat a vegetable with lunch.</p> 	<p>Do 15 push-ups. Rest. Repeat. Go to your knees or use a partner to make easier.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Stand up and do 100 knee lifts (like you are marching in place). Rest. Repeat.</p>	<p>Have fruit for a snack.</p> 	<p>Log on to You Tube and search “instant recess” or “classroom exercise breaks”. Try one for 10 minutes.</p>	<p>Climb the stairs for 5 minutes. Rest. Repeat if you have time. No stairs? Pretend!</p> 
<p>Dance to your favorite music for 5 minutes.</p> 	<p>Jog in place for 5 minutes. Rest. Repeat if you have time.</p>	<p>Have a vegetable for a snack.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Walk 5 laps around the playground during recess.</p> 	<p>Jump in and out of a Hula Hoop or imaginary circle 50 times. Rest. Repeat if you have time.</p>	<p>Hop on your right leg for 3 minutes. Hop on your left leg for 3 minutes. Rest. Repeat if you have time.</p>	<p>Go for a 5 minute walk outside.</p> 	<p>Eat fruit with lunch.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>
<p>Do 100 Jumping Jack 3 times throughout the day.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Eat fruit with breakfast.</p> 	<p>Do 25 sit-up's or crunches. Rest. Repeat if you have time.</p> 	<p>Do 50 arm circles forward. Rest. Do 50 arm circles backwards. Repeat.</p>	<p>Draw an imaginary line on the floor and jump side-to-side 50 times. Rest. Repeat.</p>	<p>Do 25 wall squats. Rest. Repeat. To do a squat, pretend you are sitting on a chair. Stand up without using your hands.</p>	<p>Pretend to shoot a basketball 100 times with each arm.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Go outside and jog or walk around the school 2 times. Switch directions and repeat.</p>
<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Drink a glass of low-fat milk with breakfast or lunch.</p> 	<p>Play TWISTER for 5 minutes.</p> 	<p>Eat a fruit with lunch.</p> 	<p>Place a pencil on the floor and jump over it 25 times. Rest. Repeat.</p>	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Make 100 Snow Angels during recess.</p> 	<p>Practice a few new yoga poses or stretches for 5 minutes.</p> 	<p>Eat a food made with whole grains.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>
<p>Lay on your back and pretend to ride a bike for 5 minutes. Rest. Repeat.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Lay on your stomach and pretend to swim for 5 minutes. Rest. Repeat. Don't forget to kick!</p>	<p>Walk or jog during the entire recess.</p>	<p>Build a snow fort, igloo, or cave during recess.</p> 	<p>Do the Hokey Pokey and Chicken Dance.</p> 	<p>Free Space</p> <p>Choose your own activity for 5 minutes.</p>	<p>Drink a glass of water with your snack.</p> 	<p>Put a yard stick on the floor and jump over it 100 times. Rest. Repeat.</p> 	<p>Play musical chairs for 5 minutes.</p> 

