

DAILY DOZEN

Stay active with 12 bursts of daily physical activity you can do anytime, anywhere.
Pick a burst, start a timer for 5 minutes, and go!

DAY 1

1 Name It!

- What is the first letter of your name? Try to find at least 10 things in your home or yard that start with that letter. Write them down in a list as you go. If Bursting with others, compare your lists at the end of the challenge.

3 Go the Distance

- Run indoors or outdoors for the whole five minutes - keep track of your exact course and how you felt. Bonus: Repeat the same course every day or so to mark your progress (ability to run further and feel better in 5 minutes).

5 Bicycle Crunches

- Sit on floor with legs extended and fingers near your ears. Lift both legs, bring your right knee up and tap it with your left elbow. Switch sides bringing the left knee up to tap the right elbow. Keep switching sides as if you are pedaling a bike. How many sets can you complete?

7 Bench Press

- ADULT SUPERVISION REQUIRED:** In each hand, hold a canned food item or other light weight and lay on the ground. Hold the cans near your chest, and then fully extend your arms towards the ceiling and lower back down. That's one press! Try to complete 10 presses per minute for 5 straight minutes (50 total).

9 The Naturalist

- Get outdoors in your yard, balcony or local park. For the entire burst, take in all your surroundings and see how many aspects of nature you can experience. Is it windy? Warm or cold? Can you hear or see any animals? What does it smell like? Notice how renewing it is to connect to nature.

11 Planking

- Prop yourself off the ground on your elbows and toes, trying to keep the rest of your body in a straight line. Count to 30. Release. Repeat as many times as you can. Progress to planking on your hands, and eventually, adding knee to chest movement for a bonus challenge.

2 Limbo

- Do the limbo! With a broom stick, yard stick or other tool with a dowel, see how low you can go... backbending under the stick. Repeat, trying your best to go even lower. Tip: turn on your favorite song to help get your limbo party started!

4 Atlas

- In Greek mythology, Atlas carried the world on his back and shoulders. Use your imagination to pick up and carry the entire planet. It's as big as your arms can make it and the heaviest thing you've ever lifted. Squat low and keep your arms raised to carry the world through danger to safety. Tip: gently set down the world for breaks as needed.

6 Push-Up Ladder

- Do one push-up, stop and rest. Then do 2 push-ups, stop and rest, then do 3 push-ups, stop and rest. Keep going until the 5-minute burst ends. How many rungs of the ladder can you climb? Tip: complete push-ups from your knees as needed.

8 High Knees

- Stand on one leg and hop as far across the room or yard as you can without losing your balance. Use your arms to help! When you lose your balance, put a soft object (a pillow, sweatshirt, etc.) at that spot. Then return to where you started and try to go farther each time. If doing it with others, make it a contest.

10 Balancing Act

- Stand on one leg and hop as far across the room or yard as you can without losing your balance. Use your arms to help! When you lose your balance, put a soft object (a pillow, sweatshirt, etc.) at that spot. Then return to where you started and try to go farther each time. If doing it with others, make it a contest.

12 Power of Friendship

- Being away from friends is really tough. In this burst, think of one of your friends. Grab a pencil and paper and put that friend's name at the top. As quickly as you can, write down all the things you like or appreciate about that friend. When the burst is over, take a picture of your list and text it to your friend. Then you can invite them to do the 12Bursts program, too!

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DAY 2

1 Walking Lunges

- Find a long hallway or stretch of grass. Put one foot forward and drop your back knee to the floor. Rise back up as you take a giant step forward, then drop your other knee to the ground. How many steps can you take? Stop to rest as needed.

3 Home Run Derby

- (2 players) With a make-believe ball, one player is the pitcher and the other the batter. The pitcher "throws" the ball and the batter swings for a Home Run. Round those bases as fast as you can! Then trade places. Bonus: make up a new celebration dance or cheer each time you reach home plate to score.

5 Room Rush

- Grab pen and paper. Run from room to room (hallways count), stopping to draw one item you see in that room before going to next room. If completing with others, compare lists at the end of the burst.

7 Bicep, Tricep, Toe

- Grab a canned food item in each hand. Do 10 bicep curls, and then 10 tricep extensions. Put the cans down and touch your toes while saying I AM STRONG! Repeat the circuit until time is up.

9 Calm

- Find a comfortable spot near a window or outside. Sit down and comfortably rest your hands on your legs with palms open upward. For this burst, your task is to be absolutely still. No talking, no moving, not even your eyes. Just breathe as slowly and deeply as possible. How did it make you feel?

11 Hot Potato

- Grab a balloon, tennis ball or other lightweight, bouncy object and try to keep it in the air for the whole five minutes... only letting it touch your hands briefly before batting it back into the air again. Tip: younger children can catch and re-toss the object if needed.

2 Backwards Burst

- Run or walk for the whole five minutes backwards; be aware of your surroundings to avoid tripping. Tip: Keep adjusting your technique to see if you can make your stride feel comfortable and natural.

4 Nordic Racers

- Find a smooth floor surface (wood or tile) and, in socks, cross-country ski around the full area. Mix fast for the count of 10, and then slow for the count of 10. Repeat!

6 Alphabet Medley

- Sing the alphabet while doing jumping jacks, and sing it again doing push-ups. Repeat until the 5 minutes are up!

8 Scavenger Hunt

- In the next five minutes, collect these items and bring them to the spot you're standing in right now: one coin, two towels, three napkins, four mis-matched socks, and five pieces of paper. Then...put them all back where you found them!

10 Dance Party

- Pick a favorite dance song - or sing your own - and crank it up. Show off your coolest, silliest or wildest dance moves. Tip: Clear this one with neighbors if you live in a multi-family site.

12 Free Burst

- You're in charge! Choose your favorite way to move for 5 full minutes.

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DAY 3

1 Slow-Mo

- Taking giant, slow steps, "run" through every room in your home with your whole body in the most exaggerated slow motion speed possible.

3 Roller Coaster Ride

- Climb into your imaginary race car - and sit down (without a chair for support). Buckle-up. The ride begins with a jerk and speeds off. Use your imagination for the best ride ever. As it speeds off, put your hands in the air and make it zip, jerk, turn, bounce, rotate, stop, go. Anything is possible!

5 Sprint Intervals

- This one works best outside. Count to 15 while sprinting, then walk and count to 45. Repeat until the timer dings!

7 Free Burst

- You're in charge! Choose your favorite way to move for 5 full minutes.

9 Wall Sits

- Sit in a pretend chair with your back against a wall. Can you sit for a full burst? If not, take breaks to shake out your legs and sit back down. Try every few days until you can sit a full burst.

11 Relay Race

- (2 or more players) Find a long hall or patch of grass. Take turns doing these quick activities: 1) Run to wall/marker and back, 2) Hop on right leg 3) Hop on left leg, 4) Two-footed jumps 5) Lunges 6) Wheel barrow race (partner has hands on floor; other partner holds their legs).

2 Squat Shakes

- Do 5 squats, and then shake out your legs. Then do 6 squats and shake it out again! Repeat all the way to a set of 10 squats, shaking it out between each set.

4 Combo Up

- Start with 5 sit ups and then 5 push-ups. Then shout 'I am awesome!' Add 1 push up and 1 sit up to each combo set until you reach 10 of each. Shout out after each set. Can you finish before time is up?

6 Zoo & You

- Each player becomes their favorite animal, taking on its full character, noises and movements for the entire burst.

8 Rainbow Seeker

- Going around your home, find an object for each color of the rainbow. Remember ROY G BIV? Red, Orange, Yellow, Green, Blue, Indigo, Violet. Repeat with new objects if you have time!

10 Giddy-up Horsey

- Get on your horse (imaginary of course) and gallop through your home or around your yard. While on your horseback ride, raise your left arm in the air and shout 'Giddy-up!' in your best cowboy or cowgirl voice.

12 Animal Crawl

- Go from room to room in the following fashion: 1) Crab walk, 2) Frog hop, 3) Star jumps, 4) Snake slither, 5) Bunny hop. Repeat if you have time. Bonus: make each animals sounds as you move!

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DAY 4

1 Jumping Lunges

- Make sure there's no furniture around you, and do the following drill on repeat: Lunge forward with your right leg, then jump up. Run to the next room. Lunge forward with your left leg, then jump up. Repeat in as many rooms as you can before time runs out.

3 Squeeze & Shake

- Find an open space and take a strong, wide stance. Take a big breath and hold it while tensing your entire body in one big giant squeeze. Hold as long as you can. Then do a super slow-mo release, first with your breath, then your body. Finally, take one big inhale and super-fast shake all your energy and breath out until you fall on the ground. Repeat if you have time.

5 Tidy Burst

- Time to tidy up your space. Pick up and put away as many objects or toys as you can - quickly! Extra credit for heavy work like vacuuming or unloading the dishwasher.

7 Pick a Card

- Grab a deck of cards and arrange them on a table or the floor, face down. Flip a card, then complete that many jumping jacks. Face cards are worth 10. Aces are 1. Flip a new card for push-ups, then sit ups and lunges. Repeat until time (or the card deck!) runs out.

9 Burpee Burst

- Find an open space inside or outdoors. Start standing up, then lower yourself on the ground until your tummy touches the floor, do 1 push-up, then get back up off the floor and jump in the air. That's 1 burpee! Only 5 more minutes to go...how many can you complete?

11 Step It Up!

- Using a wall, box or sturdy chair, step-up to make yourself as tall as possible, then lower back down, all on one leg. Switch legs and repeat. Take breaks as you need them. Tip: raise the opposite arm above head on each step-up to help balance.

2 The Floor is Lava!

- Pretend the floor in your home is hot lava - SUPER HOT! You need to tip toe quickly through every room and hallway in order to stop the lava from flowing. Tip: ask an adult first if it's okay to walk on furniture to avoid deep lava.

4 Pulsing

- On your wrist, find your pulse and count your heart beats for 10 seconds. Remember that number! Now take a lap inside your home or around your yard, and then count your heart beats again for 10 seconds. The number should be higher now! Keep repeating for the whole five minutes, and see how high your pulse can get.

6 Tug-o-War

- Grab a thick rope or beach towel and, wearing socks on a slippery floor, have 2 or more players begin to pull in opposite directions. Try ways to make both sides equal (2 vs 1, one hand vs two hands). Pull with all your might until time runs out!

8 River Rafting

- Put your family in a make-believe inflatable raft. Pick a captain to sit in the back to guide you through the journey. Grab your paddles and begin down the river. It's calm at first but watch out for bumpy rapids and waterfalls! Navigate the river, alternating paddling quickly and slowly, through calm and crazy waters until time is up.

10 Souper Shoulders

- Grab two cans of soup or other food item and hold one in each hand down at your sides. Slowly raise the cans out away from your body, keeping your arms straight, until you are making a T shape. Slowly lower your arms back down. Then lift your arms straight out in front of you until you are making an upside-down L, and lower back down. Repeat until time runs out, taking breaks as needed.

12 I AM...

- What do you like best about yourself? Are you funny? Strong? Kind? A good friend? Choose 3 of your favorite things about yourself. Then go to every mirror in your home and say those 3 things while looking at yourself. Example - I am good at math. I am honest. I am a fast runner. Rotate through all your home's mirrors until time is up. Each one of us has special qualities and it's important to remind ourselves!