

# SEPTEMBER

## BRAIN BOOST CHALLENGE

Coming back to school can be a hard change but it is the perfect time to start your daily schedule off right. Exercise is GREAT at any time of day but there are *brain boosting* effects if done in the morning before school. Morning exercise can:

- \*Wake up your whole body
- \*Wake up your brain and prepare for learning
- \*Increase your energy throughout the day
- \*Put you in a good mood to start the day!

Get ready to make a FIT CHOICE every day by starting it with EXERCISE. Your challenge is to complete the Brain Boost Challenge at least 20 days in September. Track your progress by checking off the calendar days. At the end of the month, bring your parent signed challenge sheet to Mrs. Torrance and claim your toe token. Invite your family members to join in the FUN and be FIT TOGETHER!

## BRAIN BOOST CHALLENGE Circuit

**Complete each exercise 10 repetitions or set a timer and see how many you can complete in 30 seconds.**

- Skier Jumps
- Heel Toe Touches
- Jumping Jacks
- Power Jumps
- Curl Ups

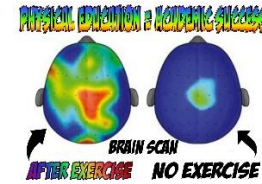
**\*Beginner-2 circuits**

**\*Advanced-4 Circuits**

**\*SUPER-6 circuits**

*\*\*\* If you are not a morning exercise person you can still participate by doing the exercises at a different time of day but I highly recommend giving it a try - you might like the results that morning exercise can bring you for the rest of the day! \*\*\**

***\*\*CHECK WELLNESS CANVAS PAGE TO LEARN MORE ABOUT EACH EXERCISE***



## ***LIGHT UP YOUR "BRAINBOW"!***

Place an X on the calendar for the days you complete the Brain Boost Challenge

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

# of Days Completed: \_\_\_\_\_

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent Signature: \_\_\_\_\_