

JANUARY'S THEME OF THE MONTH:

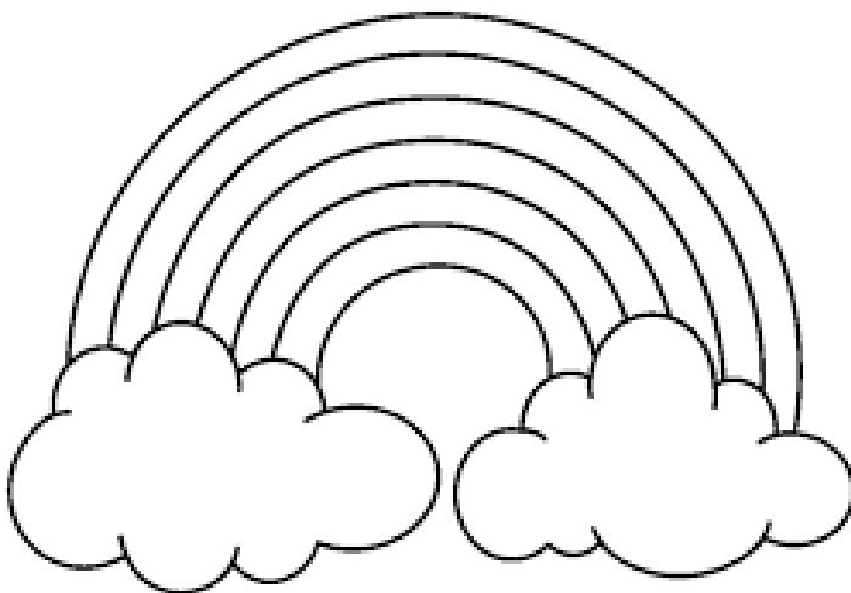
Stretch + Strengthen

- WEEK 1: DISCUSS THE MONTH=LONG STRETCHING CHART!
- WEEK 2: INTRODUCE 2 CORE EXERCISES TO DO @ HOME/IN CLASS
- WEEK 3: INTRODUCE THE WATER CHALLENGE!
- WEEK 4: EAT THE RAINBOW! WHAT DOES THIS MEAN?

NOTES

FUN ACTIVITIES

- COLOR THE RAINBOW BELOW
- MAP OUT WHAT YOU CAN BE EATING IN EACH COLOR GROUP
- SET A GOAL FOR HOW MANY GLASSES OF WATER YOU WANT TO DRINK A DAY
- MAKE COPIES OF THE STRETCHING CHALLENGE FOR YOUR FRIENDS

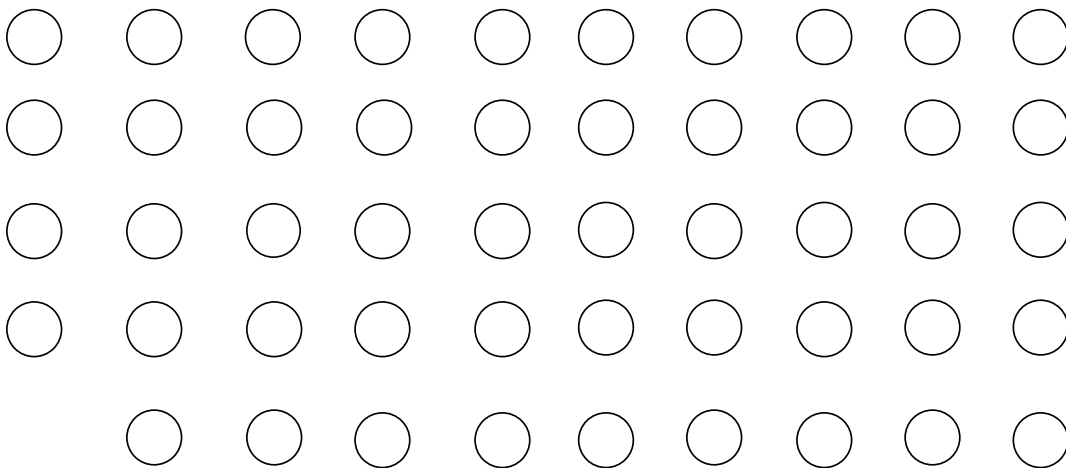


STRETCHING CHALLENGE

BALLET
180

WATER CHALLENGE

COLOR IN A CIRCLE FOR EVERY GLASS OF WATER YOU DRINK!



BALLET
180