

Lee Road LEADD May 2022

Sunday	Movement Monday	Try-It Tuesday	Wellness Wednesday	Nutrition Thursday	Fitness Friday	Saturday
1 APR 28- Cultural Arts- bFit!	2 How can you move your BODY and MIND together?	3 NO SCHOOL- EID-AL FITR	4 Wake up earlier: Move, go outside, eat breakfast PROJECT ACES DAY	5 Get involved in your next family grocery shopping trip. Choose food from each food group!	6 <i>In School - class walk!</i> <i>Weekend - Have a dance party! Play your favorite music and dance your heart out!</i>	7
8	9 S-T-R-E-T-C-H to improve your flexibility!!	10. Try a Fruit or Veggie!! Try a new fruit or vegetable that you've never thought to try!	11 How are you Feeling? Wear a color that represents your mood	12 Help prepare to cook a meal at home! Wash the food, cut/chop, or maybe just set the table!	13 <i>In School-class walk!</i> <i>Weekend - Make your own obstacle course! Go through it with your family and friends!</i>	14
15	16 Crazy 8's! Do 8 of 4 different exercises to increase your muscular strength!	17. Try a New Move! Find a new game, dance or exercise you haven't done before!	18 We can do it! Choose a positive statement to repeat to yourself throughout the day	19 Eat the rainbow!! How many different color foods can you eat today?	20 <i>In School-class walk!</i> <i>Weekend - Go on an outdoor ABC or color scavenger hunt. Look for things that start with each letter of the alphabet or each color of the rainbow!</i>	21
22	23 Cardio Dance Challenge!! Create your own moves!	24. Try an activity that a friend or family member likes but you have never done!	25 Write it down! Set aside some time to journal	26 HEALTHY SNACK DAY! If you're reluctant to eat veggies, try adding a condiment like hummus, salsa, or even salad dressing.	27 <i>In School-school walk!</i> <i>Weekend - Play outside! Jump rope, ride a bike, play ball, go swimming, hopscotch, hula hoop, playground... your choice!</i>	28
29	30 NO SCHOOL MEMORIAL DAY	31 NO SCHOOL MEMORIAL DAY				