

February 2021



Active Allentown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Share a Selfie with us while taking a walk in one of Allentown's Parks. Tag us @allentownparksandrec	2 National Groundhog Day Who is Punxatawney Phil?	3 Do as many push ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	4 Walk around your neighborhood and pick up 3 pieces of trash/litter	5 National Wear Red Day Wear Red Today for Heart Disease Awareness	6 National Play Outside Day Play outside with someone in your household
7 Super Bowl Sunday Wear your favorite football team apparel & create your own touchdown dance	8 Read a book of your choosing	9 National Pizza Day Create your own homemade pizza or support a local pizzeria	10 Do as many wall sits as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	11 Stretch for 10 minutes	12 Do as many squats as possible	13 Do 20 burpees
14 Happy Valentine's Day Contact those that matter to you and say "I love you"	15 Presidents Day Pick Your Favorite President and Do That Many Jumping Jacks (Example: Abraham Lincoln = 16th President Do 16 Jumping Jacks)	16 National Fasnacht Day Do-nut thing physical today, you deserve a break!	17 Do as many lunges as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	18 Stretch for 10 minutes	19 Do as many squats as possible	20 Do 25 jumping jacks
21 Check out Allentown PA Parks and Recreation on YouTube and try a new workout	22 Read a book of your choosing	23 Take a walk in one of Allentown's beautiful parks	24 Do as many push ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	25 National Pancake Day Have breakfast for dinner today	26 Do as many squats as possible	27 Do 25 Sit Ups
28 Check out Allentown PA Parks and Recreation on YouTube and try a new workout	1	2	3	4	5	6
7	8	Purpose: This calendar encourages school aged children to become more physically active and to take steps towards a healthier lifestyle by participating in a different activity with a household family member or adult supervision each day throughout the month.				

