

# January 2021



# Active Allentown Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					Take walk in a City of Allentown Park	Go outside and count the number of animals you see
3	4	5	6	7	8	9
Do as many push ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	National Spaghetti Day Eat Spaghetti for Dinner as a Family	Pick a snack and read the # of carbohydrates it has. Do that many squats.	Before every snack and meals, run in place for 1 minute	Check out Allentown Parks & Recreation YouTube Channel and try a new workout	Read a Book	Vision Board Day Take a Walk in a City of Allentown Park and get inspired to create your own vision board
10	11	12	13	14	15	16
Sunday Supper Day Plan a family meal for your Household	Stretch for 10 minutes	Do as many squats as you can	Do 20 burpees	Check out Allentown Parks & Recreation YouTube Channel and try a new workout	National Hat Day Go for a walk while wearing your favorite hat. Count how many hats you see.	Take a walk in a City of Allentown Park
17	18	19	20	21	22	23
Do as many push ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	Martin Luther King Jr. Day Listen/Watch the "I Have a Dream" speech on YouTube	National Popcorn Day Make popcorn and watch a movie with your family	Do 25 Jumping Jacks	See how many times you can say "Thank You" today.	Read a Book	Take a walk in a City of Allentown Park
24	25	26	27	28	29	30
Do as many push ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	Stretch for 10 minutes	Draw your favorite winter scene/activity/character	Do 25 sit-ups	Check out Allentown Parks & Recreation YouTube Channel and try a new workout	Wlak around your neighborhood and pick up 3 pieces of trash (litter)	Take a walk in a City of Allentown Park
31	1	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.				
National Hot Chocolate Day Make Hot Chocolate and watch a movie with your family						

