
































April's MACARONI ISOMETRICS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|---|
|  | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | Isometric exercise: <i>Exercise involving muscular contractions without movement of the involved parts of the body.</i> www.medicinenet.com | | | |

Cut out each of the 12 isometric exercise cards. Each day turn the cards over and spread them out so you cannot see the exercises. Randomly choose **at least five** cards. Complete each of the chosen exercises. Hold each exercise for the “macaroni count” listed on the bottom of the card. Count slowly and clearly - “1 macaroni, 2 macaroni, 3 macaroni...” **Do not rush through the macaroni count.** Feel free to increase the macaroni count for each exercise as the month progresses since **you WILL get stronger!**

Color the noodle on the calendar each of the days you complete the **Isometric Macaroni Challenge**. Turn in your signed calendar at the end of the month to receive an award certificate and a toe token. Go to keepingkidsinmotion.com for more information.

Student Name: _____ Grade: _____ Total Days Completed: _____

Teacher: _____ Parent Signature: _____