






February

Center City  Pediatrics

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 February is Heart Month!	2 Aim for 20 minutes of activity every day!	3 	4 Switch it up to see what activities your child likes best!	5 Wear red to support Heart Health!	6 
7 The more days you hit the 20-minute goal, the more chances you'll have to win!	8 Play Follow the Leader with energetic movements!	9 	10 It doesn't have to be "exercise" – try for "active play"!	11 Set up a fun Obstacle Course in your house!	12 Have a Dance Party or March to the Music!	13 Go for a Walk or a Hike!
14 	15 It's all about fun!	16 Have a Scavenger Hunt in your home!	17 Get the Whole Family Moving!	18 Simon Says, Tag or Duck Duck Goose are great indoor games!	19 	20 It doesn't have to be 20-minutes straight. Break it up into 5 or 10 minute bursts!
21 Try a new Heart Healthy recipe!	22 Clear some space to Hula Hoop or Jump Rope!	23 Make a Hopscotch course with masking tape or chalk!	24 Check out an exercise video or fitness app!	25 Set up a Fitness Course with a different activity in every room!	26 Visit a local Park or Playground!	27 What's your favorite animal? Can you jump like a frog? Run like a horse?
28 It's the end of the month! Email us & let us know how you did!						

Email info@centercitypediatrics.com and let us know how many days in February you met the "20 minutes in motion" goal. For every day, you'll be entered in our drawing for a gift card!