









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 awney 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 chosing  | 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 chosing | 23 Take a walk in one of Allentown's beautiful parks | 24 Do as many wall sits 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. | | | | |

