













March 2021



Active Allentown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1	2	3	4	5	6
	Go for a walk in one of Allentown's beautiful parks and share a selfie by tagging Allentown PA Park and Recreation (Facebook)	Read your favorite Dr. Seuss book (National Read Across America "Dr. Seuss" Day) 	Try a new food at dinner tonight (National "I Want You To Be Happy" Day)	Call a friend	Keep your TV off today (National Unplug Day) 	Watch a movie you have never seen before.
7	8	9	10	11	12	13
Check out Allentown Parks & Rec YouTube channel and try a new workout!	Go for a walk in one of Allentown's beautiful parks.	See how long you can march in place for. Try this multiple times and try to do it longer than the time before.	Make a list of 5 things you feel grateful for. 	Read a book. 	Plant a flower today (National Plant a Flower Day) 	Do a favor for a neighbor (National Good Samaritan Day)
14	15	16	17	18	19	20
Bake a pie with your family (National Pie Day) 	Relax and take a 20 minute nap today (National Nap Day)	See if you can recite the alphabet while holding a plank.	Wear green and be merry today. (St. Patrick's Day) 	See how many times you can say "thank you" in a day.	Call a friend and tell them a joke (National Let's Laugh Day)	Check out Allentown Parks & Rec YouTube channel and try a new workout!
21	22	23	24	25	26	27
Do a household chore that is helpful to your family (Common Courtesy Day)	Learn the alphabet backwards. 	Go for a walk in one of Allentown's beautiful parks.	Try a new food at dinner tonight.	Read a book.	Draw a picture of something that makes you happy. 	Do as many crunches as you can during TV commercials (if no TV, time yourself for 30 secs or 1 min)
28	29	30	31	1	2	3
Check out Allentown Parks & Rec YouTube channel and try a new workout!	Play tic-tac-toe with someone you know. 	Go for a walk in a different Allentown park that you have not visited before (Virtual Vacation Day) (National Take a Walk in the Park Day)	Plan a family meal with thos in your household.			
4	5	<p>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.</p> <div style="display: flex; justify-content: flex-end; align-items: center;">   @AllentownParksandRec </div>				