



GiGiFIT 21 Days of Fitness for DSAM

For Down Syndrome Acceptance Month, GiGi's Playhouse is challenging everyone to support and motivate each other to get FIT... mentally and physically! To be truly accepting of OTHERS, we must start with OURSELVES! It's all about a **CONFIDENT U, HEALTHY U, WHOLE U!**

GiGiFIT 21 Days of Fitness for DSAM

Print out the form on the next page and cross off the exercises each day as you complete them. Or print the form, cut out the exercises that will work for your fitness level and pull them out of a hat or jar each day to keep it fun!

Not quite ready for that challenge? You can still get moving! No excuses! Just move for 21 minutes a day for 21 days (or more!). Walk, skip, hoola-hoop, dance... you choose! Log your activity on the form provided to keep track of your hard work!

Together we can become more accepting, generous, and kind... to ourselves and to others!

Let's get GiGiFIT!!!

Although moderate physical activity is safe for most people, health experts suggest that you consult your physician prior to beginning an exercise program. Please use caution to ensure proper movement to ensure safety and to maximize impact of these purposeful programs

GiGi's
Playhouse™

Down Syndrome Achievement Centers
educate. inspire. believe.

Learn more at gigisplayhouse.org/dsam

21 Days :: 21 Minutes

Day 1 _____

Day 15 _____

Day 2 _____

Day 16 _____

Day 3 _____

Day 17 _____

Day 4 _____

Day 18 _____

Day 5 _____

Day 19 _____

Day 6 _____

Day 20 _____

Day 7 _____

Day 21 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Let's Get Moving!!!

For the month of October we challenge you to move for 21 days for 21 minutes. Track your progress here on this log sheet.



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21 Days of Fitness



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2.1 Miles for Down Syndrome!!

Walk, run or ride 2.1 miles in support of Down syndrome and the 21st chromosome

21 Reps of Calisthenics

21 dips, 21 Jump Squats, 21 Push Ups, and 21 Jumping jacks

CelABrating ABceptance!!:

21 Sit ups, 21 crunches, 3 sets of 30 seconds planks, 21 mountain climbers

Reaching Maximus Potential!!...

Gluteus Maximus:

21 Walking Lunges, 21 Step ups, 21 glute bridges

Kicking Out Stigmas

Complete any At Home Kickboxing Workout on YouTube

Flex on the Haters!

21 Push Ups, 21 bicep curls, 21 lateral plank walks, 21 Triceps Dips



Be a Trailblazer!

Go on a bike ride, run or walk along your favorite trail

HIIT the Ground Running!!

Complete any HIIT Workout from our ONDEMAND **GiGi's At Home** Series
<https://tinyurl.com/y44s3owh>

Raise the Barre of Potential

Complete any Barre Workout on YouTube

Find Your KE-TO Success

Eat no more than 20g's of carbs in 24 hours

Be a Barrier Jumper

21 Jumping Jacks, 21 Squat Jumps, 21 Burpees, jump rope for 2 minutes



Step Over the Doubters

Take 10,000 steps in one day

YoGonna Go Far Kid!!

Complete any Yoga Class from our ONDEMAND **GiGi's At Home** Series
<https://tinyurl.com/y2hwdrmv>

Stretching for the Star!

Take 20 minutes to stretch all of your muscle groups



Cheers!!

to Down syndrome!!

Drink 96 oz or 8 glasses of water in a day

GiGi's has Your Back

60 seconds of Reverse Snow Angels, 21 Superman's, 21 Hip Hinges(Bows), 21 Push Ups

A Push for Acceptance!!

Push yourself, run or walk as far as you can in 21 minutes!



Generous, Accepting and Kind to the Core

30 seconds of leg lifts, 21 sit-ups, 1 minute of planks, 21 bird dog crunches, 21 Leg Lifts

Don't Forget to Relax

Take a day to rest

Always Sport a Good Attitude!!

Take 30 minutes – 1 Hour and play your favorite sport!

Don't Be Told You Can't Do Something

Take this day to do whatever workout you LOVE to do!!