







## **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!** 

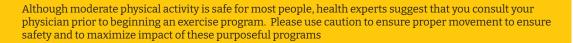
#### GiGiFIT 21 Days of Fitness for DSAM

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!!!





educate. inspire. believe.

## 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	Let's Get Moving!!!
Day 10	For the month of October we challenge you to move for 21 days
Day 11	for 21 minutes. Track your progress here on this log sheet.
Day 12	

Day 13 \_\_\_\_\_



Down Syndrome Achievement Centers educate. inspire. believe.

# 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 ABcceptance!!:

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!!