

Snoopy's Daily Dozen Physical Activity Challenge!



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Keeping active is one way to stay healthy and have fun!

The American Heart Association recommends being active for at least 30 minutes every day.

To meet this goal, try Snoopy's Daily Dozen exercises on the following pages.

Do each exercise for 2–3 minutes for a total of 30 minutes every day.

Or choose the exercises you like best and do three of those for ten minutes each.

Use the chart below to record how long, how many, and which exercises you complete.

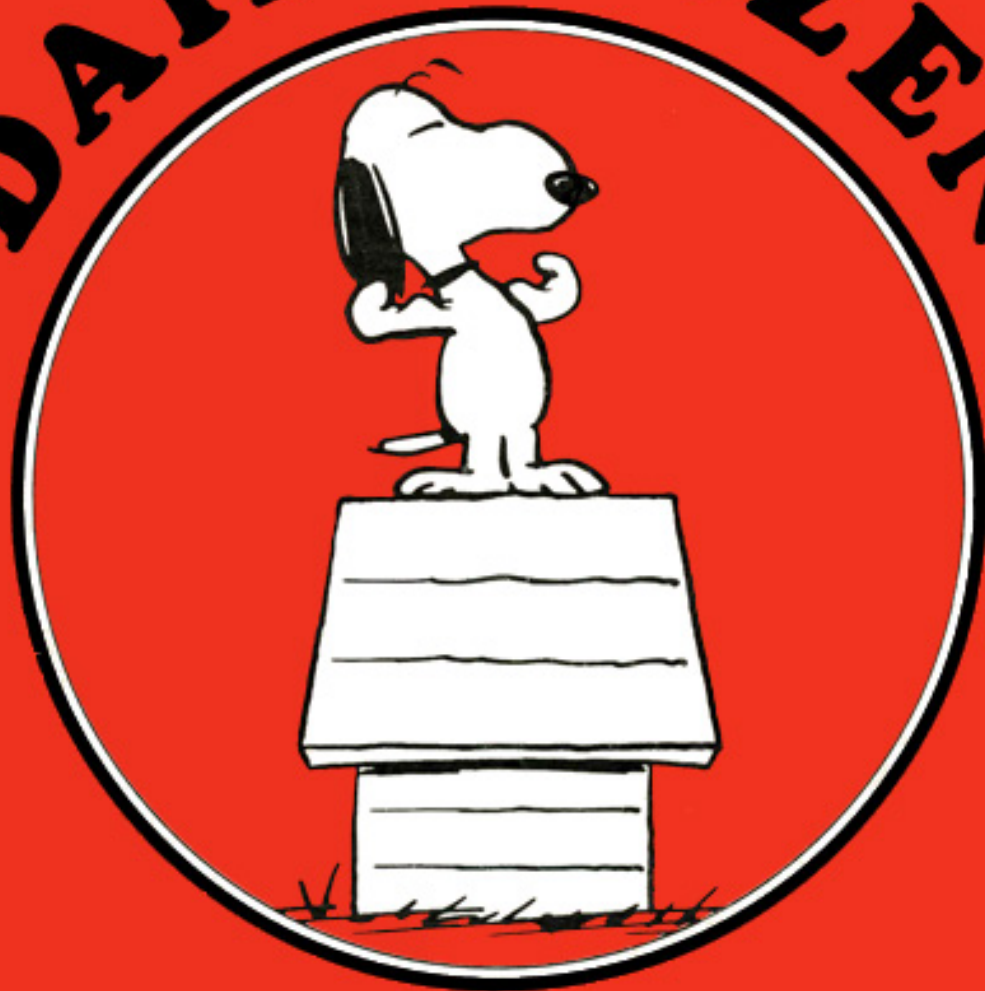
What other activities do you like to do?

Day & Date	Time it took to complete exercises	How many of the 12 exercises were completed?	Which of the Daily Dozen were your favorites?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

These exercises were originally drawn as part of a poster book, *Snoopy's Daily Dozen: 12 Physical Fitness Exercises*, released by Hallmark between 1965 and 1969, not long after President John F. Kennedy created the Commission on Physical Fitness.

The various poses needed to illustrate the exercises are atypical of the *Peanuts* characters and would have been a challenge for Charles Schulz to draw. Look at Linus squatting in step two of the Halloween Hop for an example of how Schulz had to manipulate his character's short legs to demonstrate these exercises. Have fun moving your own body trying these activities to stay fit!

SNOOPY'S DAILY DOZEN

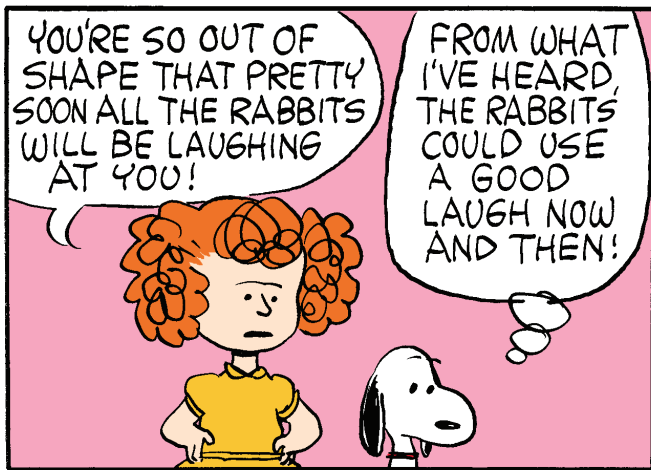
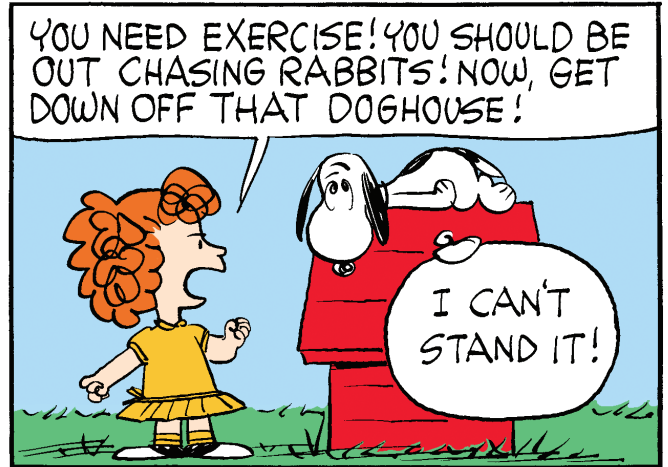


12

PHYSICAL FITNESS

EXERCISES

BY CHARLES SCHULZ



HEAD RAISER

AH! THIS LOOKS LIKE THE EXERCISE FOR ME!

LIE ON YOUR BACK, KNEES FLEXED, FEET PULLED CLOSE TO YOUR BODY, SOLES OF YOUR FEET ON THE FLOOR, ARMS AT YOUR SIDE...



ON COUNT ONE, RAISE YOUR HEAD AND UPPER BACK OFF THE FLOOR, TENSING ABDOMINAL MUSCLES...



...ON COUNT TWO, RETURN TO STARTING POSITION. THIS IS A GOOD EXERCISE FOR TOUGHENING YOUR STOMACH MUSCLES.

IF YOU DON'T FALL ASLEEP.



HALLOWEEN HOP



I LIKE THIS ONE. IT'S FUN! YOU STAND WITH YOUR HANDS ON YOUR HIPS...



...THEN YOU ASSUME A SQUATTING POSITION, BENDING KNEES FULLY AND KEEPING YOUR BACK STRAIGHT.



NEXT, BEND YOUR BODY FORWARD AND ENCIRCLE YOUR KNEES WITH YOUR ARMS AND TUCK YOUR HEAD BETWEEN YOUR KNEES...

...THEN LEAP AS HIGH AS YOU CAN, AT THE SAME TIME YOU YELL LIKE THIS...

AH-H-H-H!!

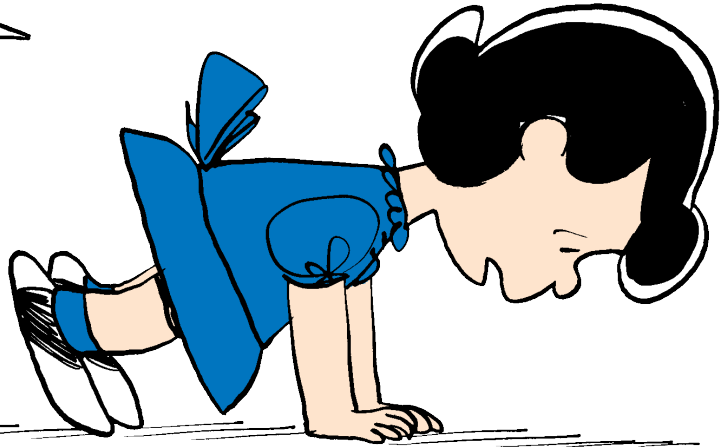


YIPE!

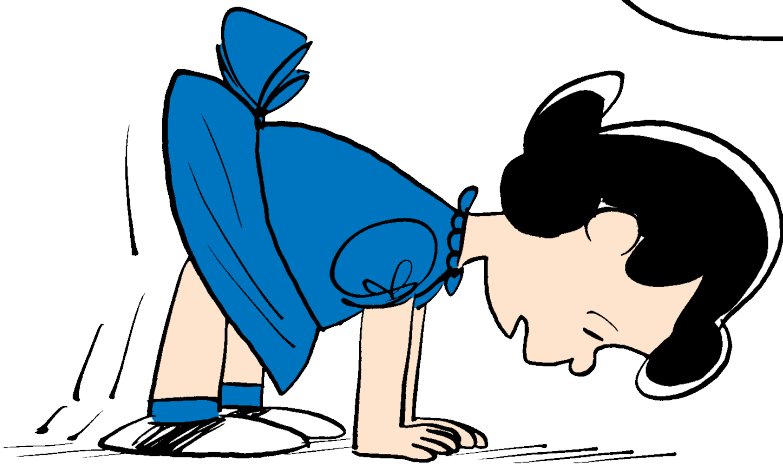


THE INCH WORM WALK

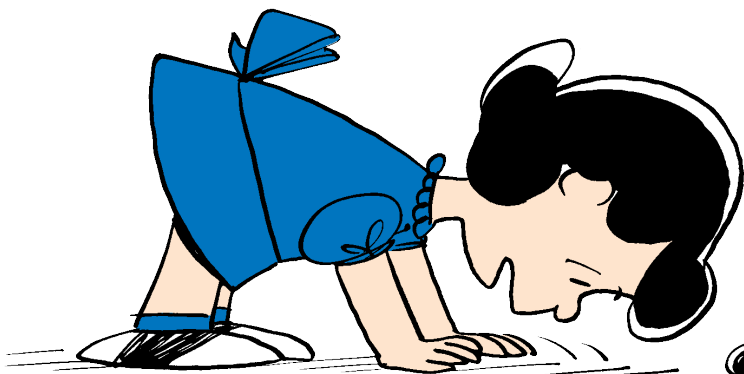
TO DO THIS, YOU ASSUME THE PUSH UP POSITION, BODY EXTENDED, HANDS ON THE FLOOR, FINGERS SPREAD AND POINTING FORWARD, THE BODY SUPPORTED BY THE HANDS AND TOES..



...THEN WALK THE FEET AS CLOSE AS YOU CAN TOWARD YOUR HANDS KEEPING YOUR HANDS STATIONARY.



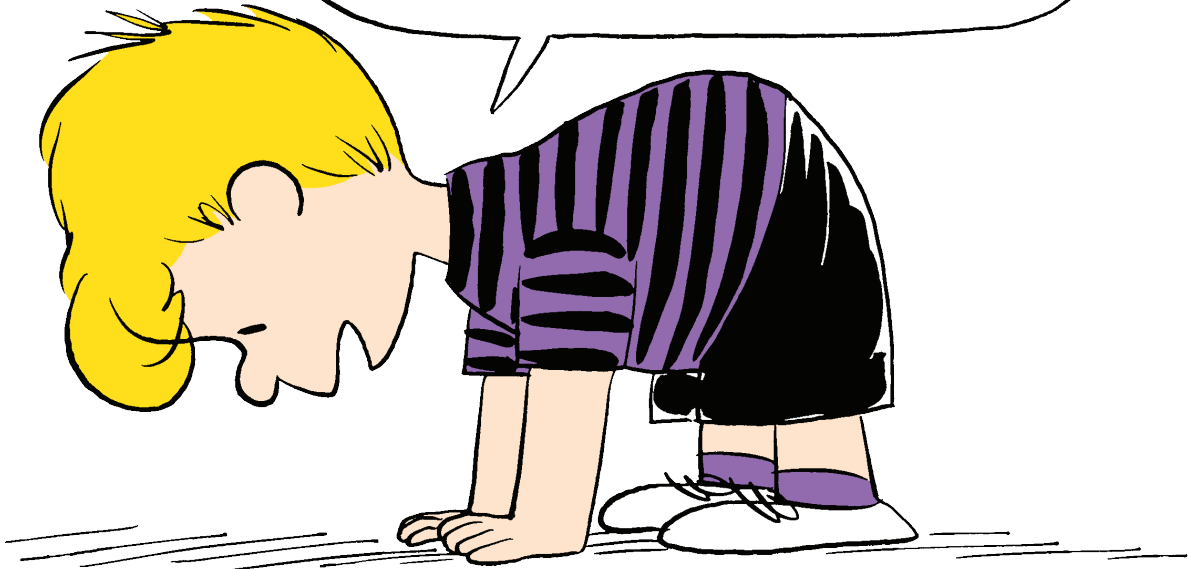
NOW, KEEP YOUR FEET STATIONARY AND WALK YOUR HANDS FORWARD UNTIL YOU REACH THE STARTING POSITION.



GOOD GRIEF!

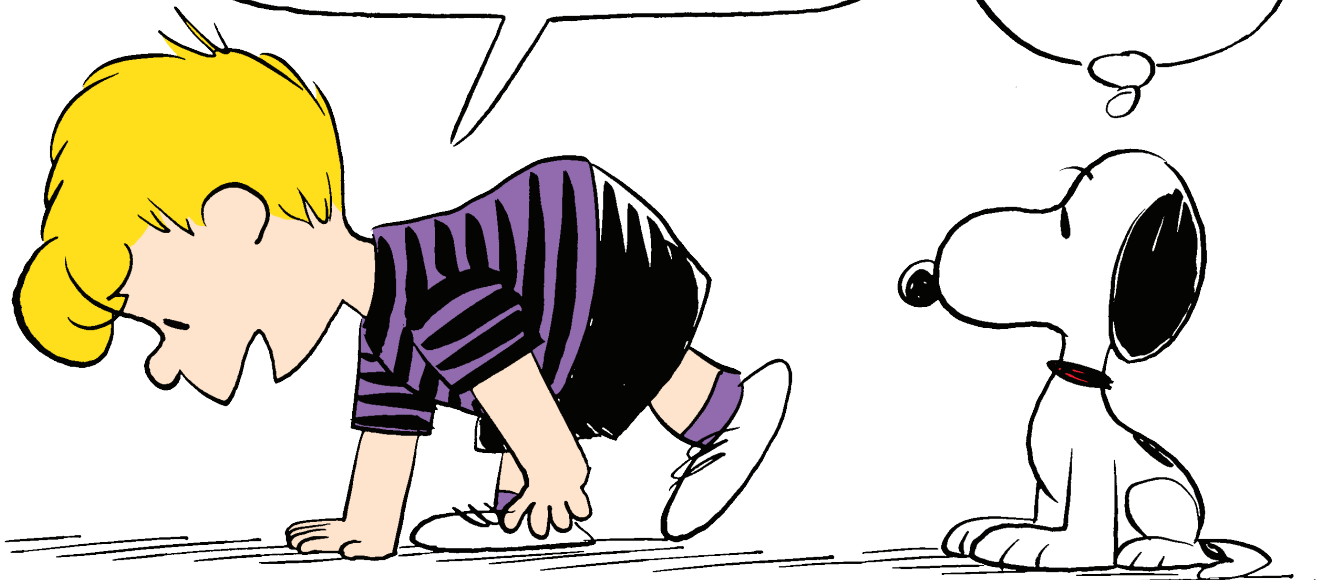
THE BEAR WALK

THE BEAR WALK GOES LIKE THIS. YOU BEND FROM THE WAIST AND PLACE YOUR HANDS ON THE FLOOR.

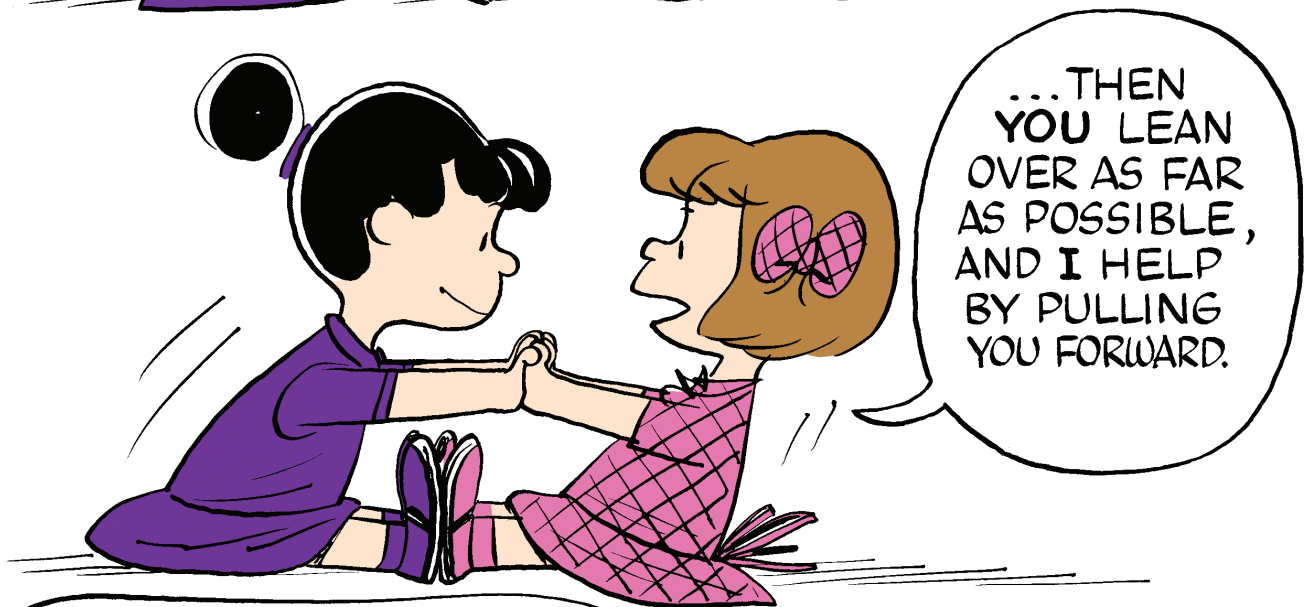
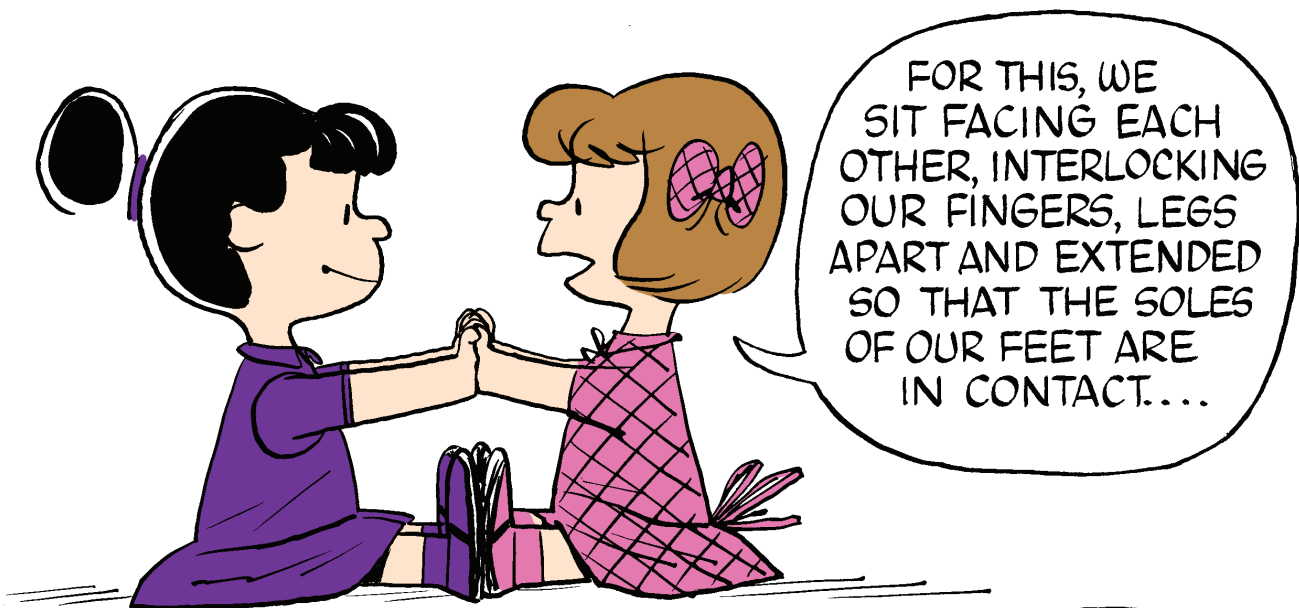


WALK IN A CIRCLE, MOVING YOUR RIGHT ARM AND RIGHT LEG AT THE SAME TIME AS ONE STEP. THEN MOVE YOUR LEFT ARM AND LEFT LEG FOR THE NEXT STEP.

THAT WON'T HELP ME. I ALWAYS WALK LIKE THAT.



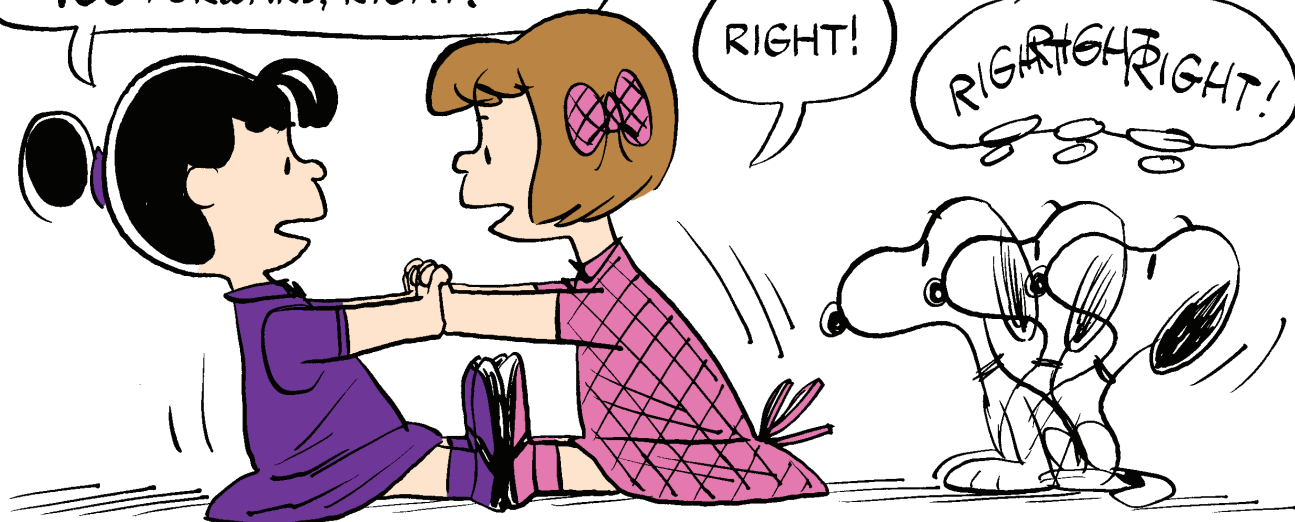
PULL STRETCHER



THEN I HELP YOU BY PULLING YOU FORWARD, RIGHT?

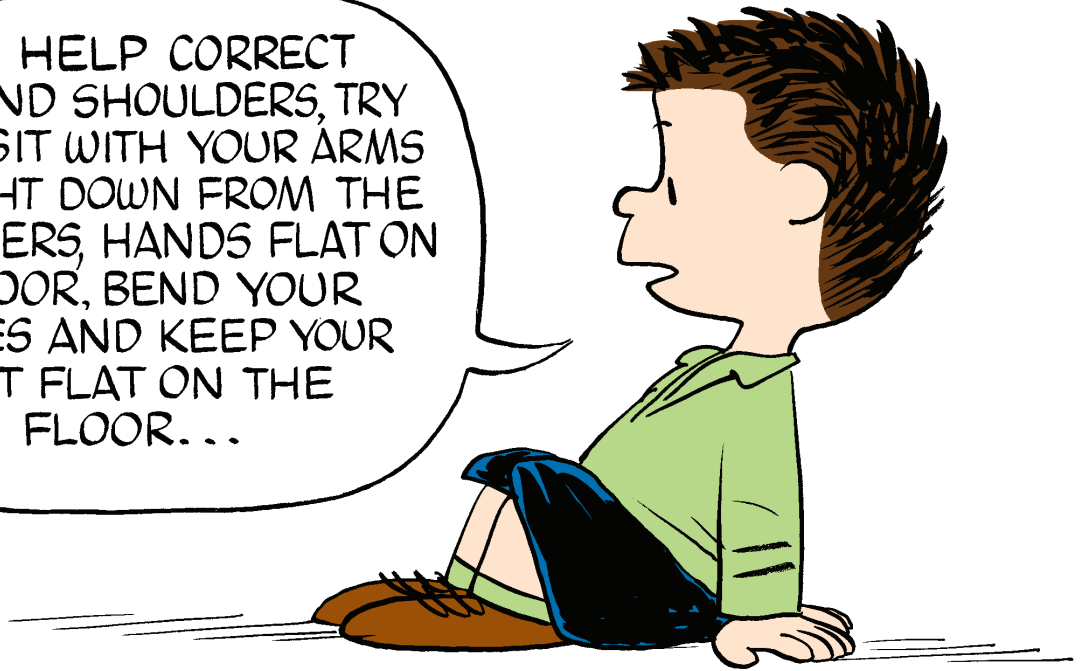
RIGHT!

RIGHTRIGHTRIGHT!

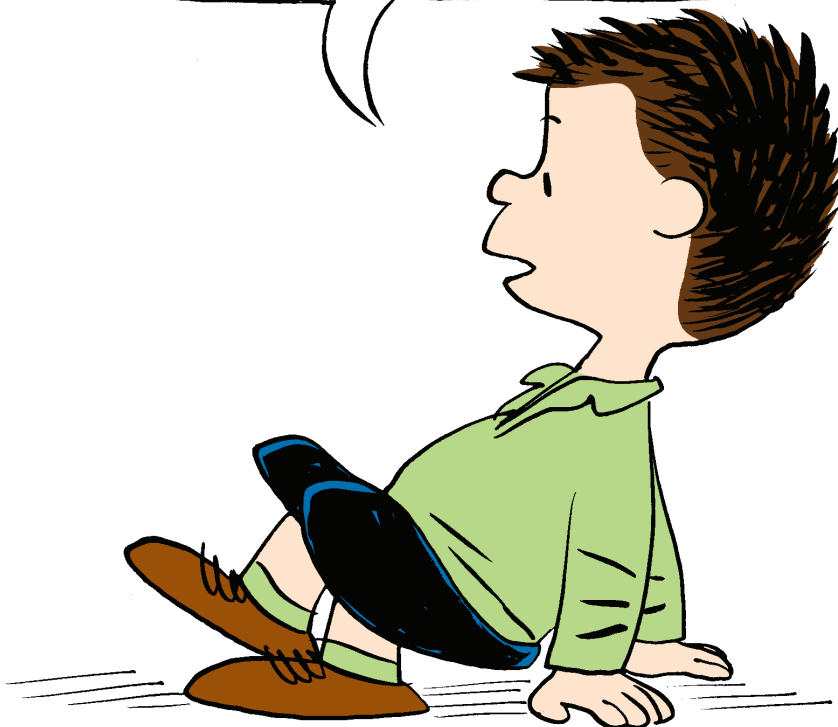


INVERTED CRAB WALK

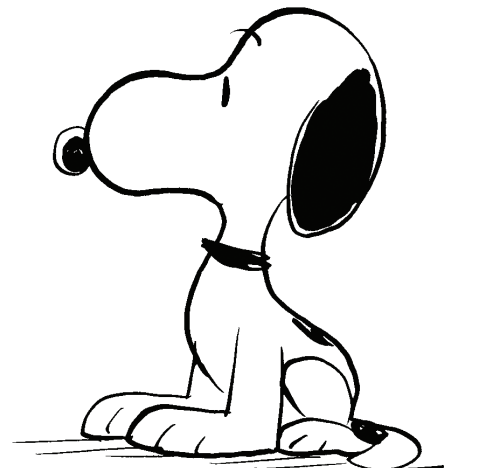
TO HELP CORRECT ROUND SHOULDERS, TRY THIS. SIT WITH YOUR ARMS STRAIGHT DOWN FROM THE SHOULDERS, HANDS FLAT ON THE FLOOR, BEND YOUR KNEES AND KEEP YOUR FEET FLAT ON THE FLOOR...



...THEN RAISE YOUR BODY OFF THE FLOOR AND WALK BY MOVING THE HANDS AND FEET EITHER FORWARD, BACKWARD OR TO EITHER SIDE.



THAT WOULD MAKE ANYONE CRABBY!



SIT BALANCE

FOR THIS YOU SIT, AND GRASP YOUR ANKLES, THUS.

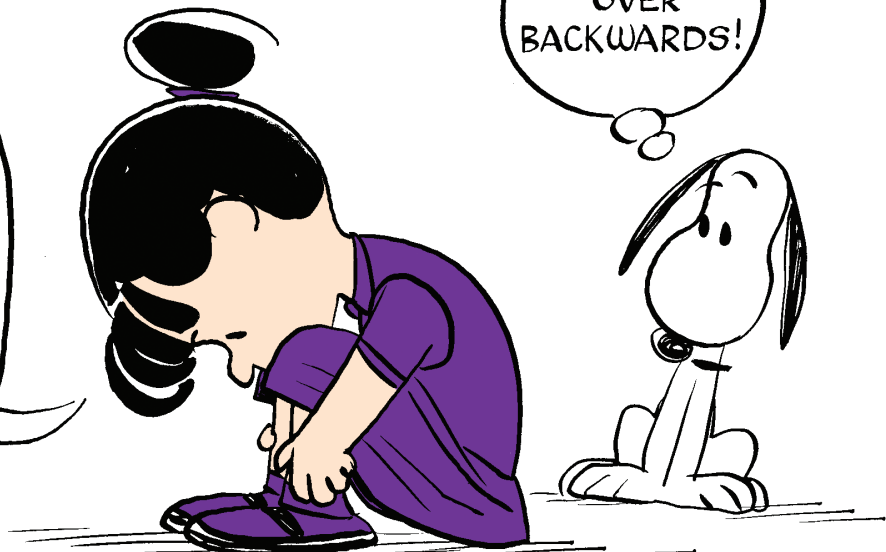


THEN YOU RAISE YOUR LEGS UPWARD, KEEPING THEM STRAIGHT. HOLD THIS POSITION FOR ABOUT FOUR OR FIVE SECONDS.



IF YOU DON'T FALL OVER BACKWARDS!

COMPLETE THE EXERCISE BY PULLING THE KNEES AGAINST THE HEAD IF POSSIBLE.



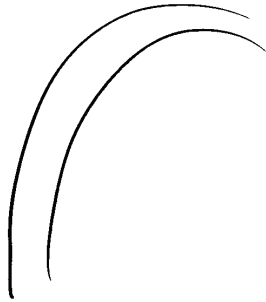
KANGAROO HOP



FOR THIS EXERCISE, PLACE YOUR HANDS ON HIPS, ASSUME A SEMI-SQUAT POSITION, KNEES FLEXED, YOUR TRUNK ERECT, YOUR WEIGHT RESTING ON THE BALLS OF YOUR FEET. THEN...



... JUMP AS HIGH AND AS FAR AS YOU CAN, KEEPING YOUR HANDS ON YOUR HIPS.



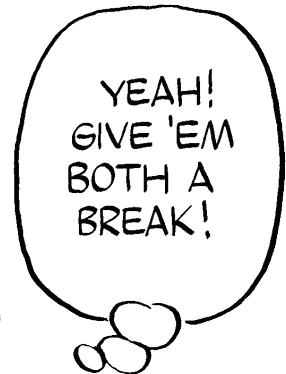
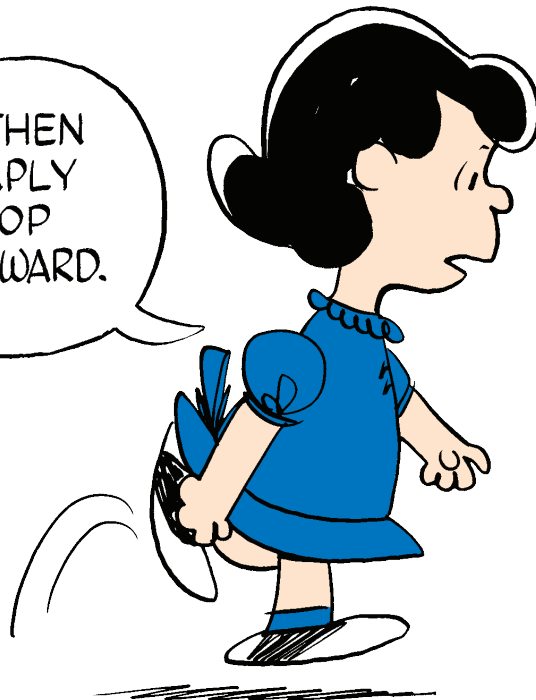
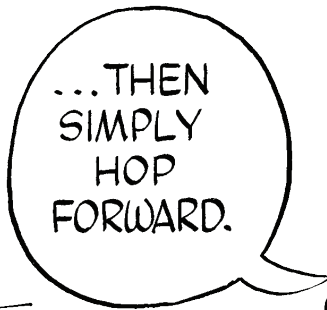
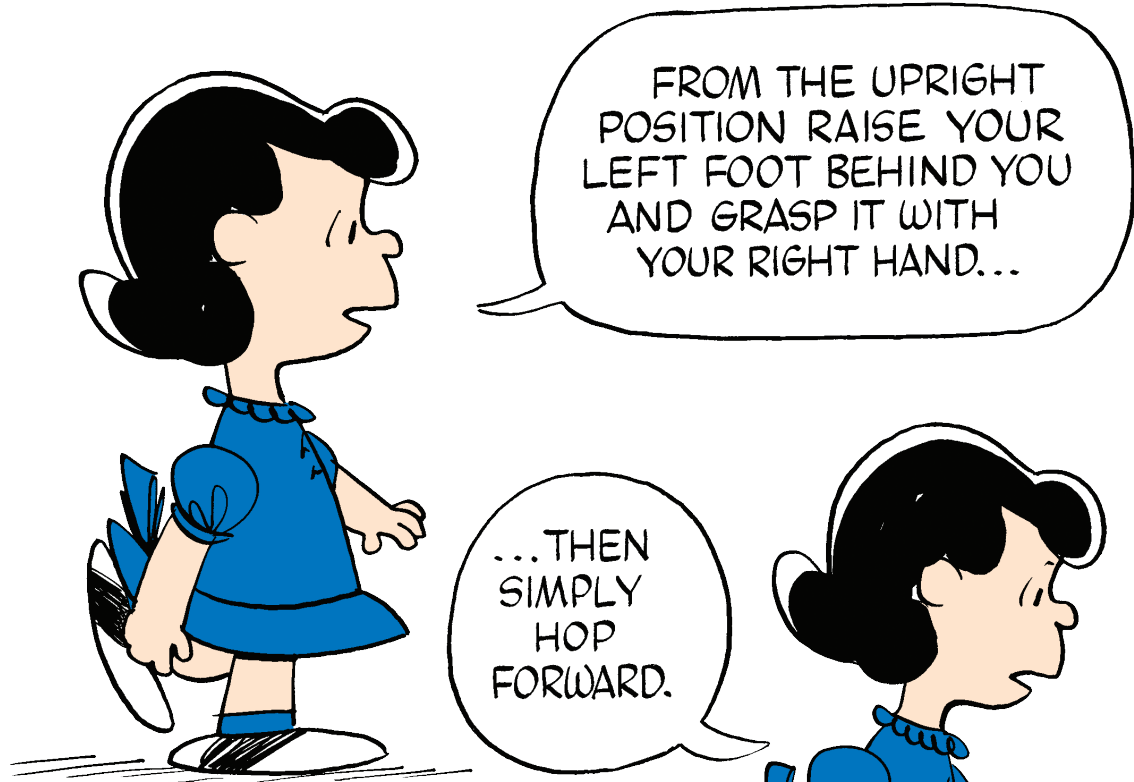
LAND IN THE SAME POSITION YOU STARTED FROM.



SIMPLE!

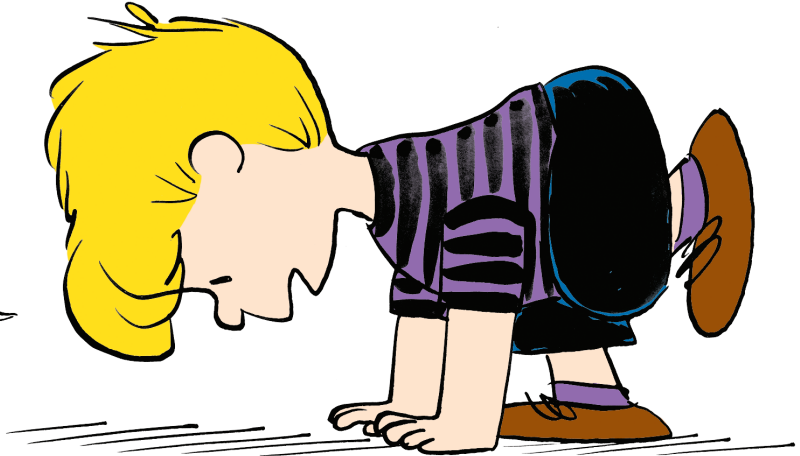


HOBBLE HOP

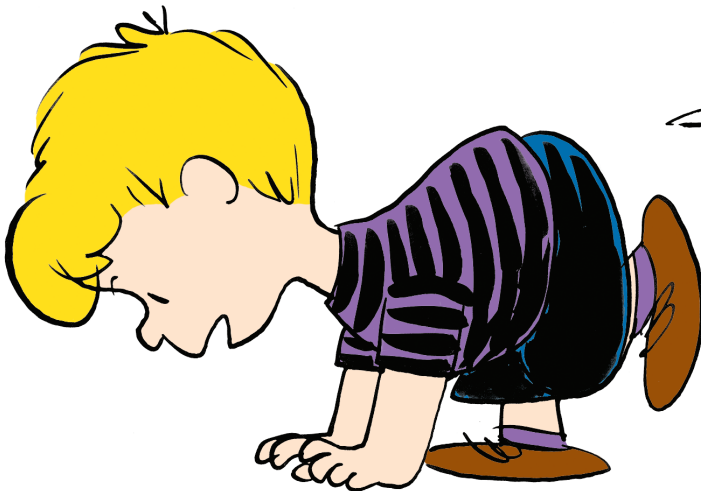


THREE POINT HOP

TO DO THIS, BEND FROM THE WAIST, PLACE YOUR HANDS ON THE FLOOR. THEN, LIFT ONE LEG, ASSUMING A THREE-POINT STANCE...



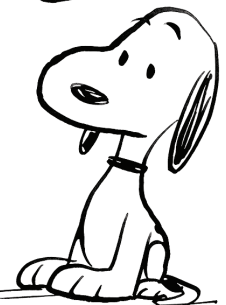
...THEN TRAVEL FORWARD BY HOPPING WITH ONE FOOT IN THE AIR.



VARY THE HOP BY ALTERNATING THE LEG LIFTED FROM TIME TO TIME.

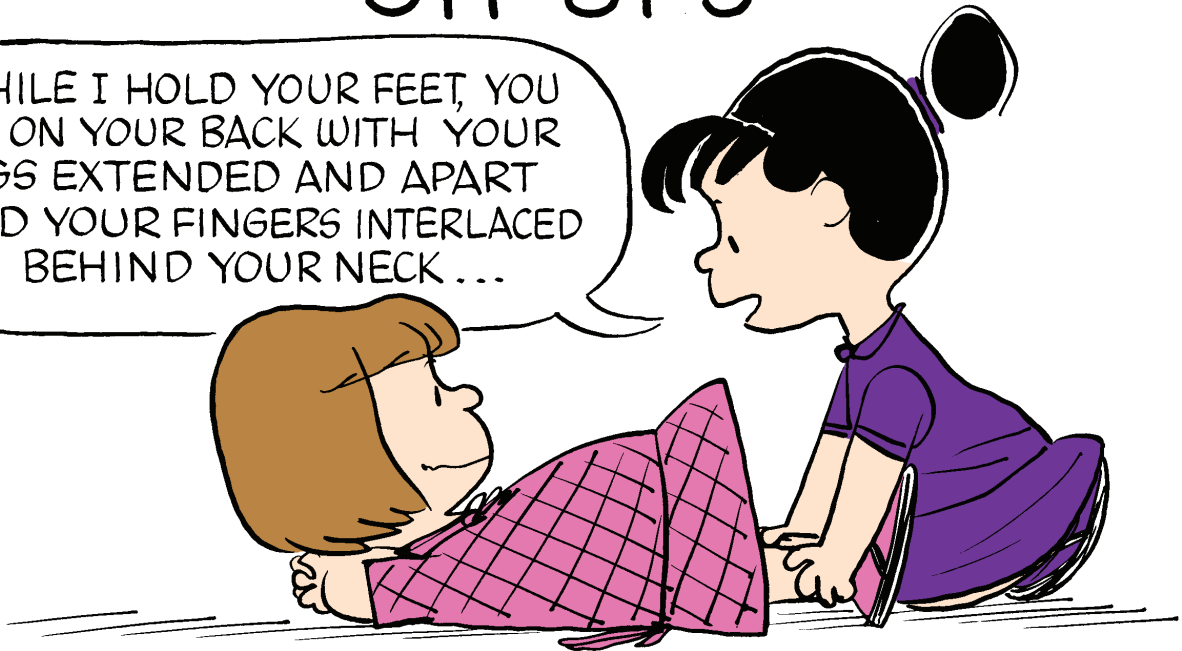


I WALK LIKE THAT WHEN I HAVE A SORE FOOT.

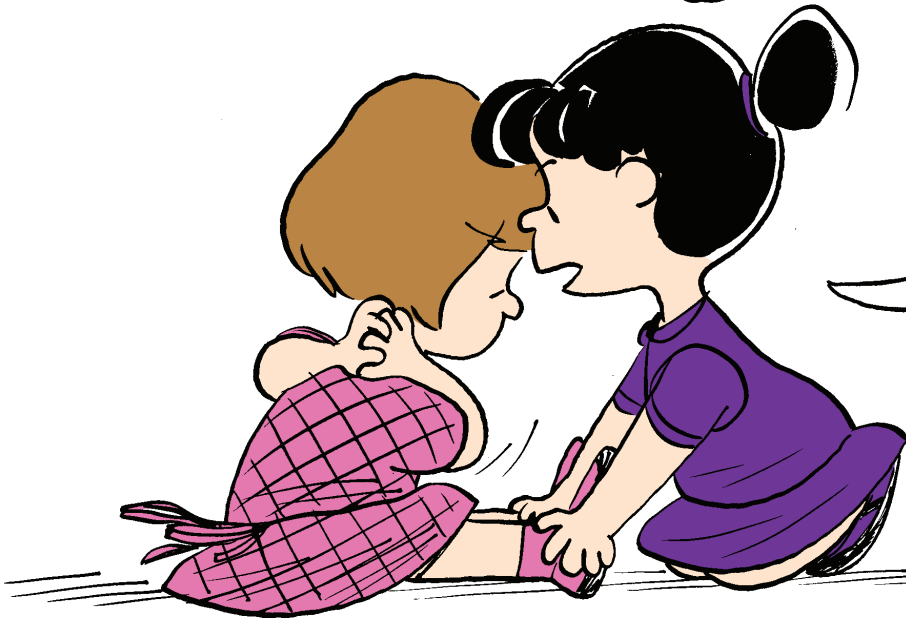


SIT UPS

WHILE I HOLD YOUR FEET, YOU LIE ON YOUR BACK WITH YOUR LEGS EXTENDED AND APART AND YOUR FINGERS INTERLACED BEHIND YOUR NECK ...

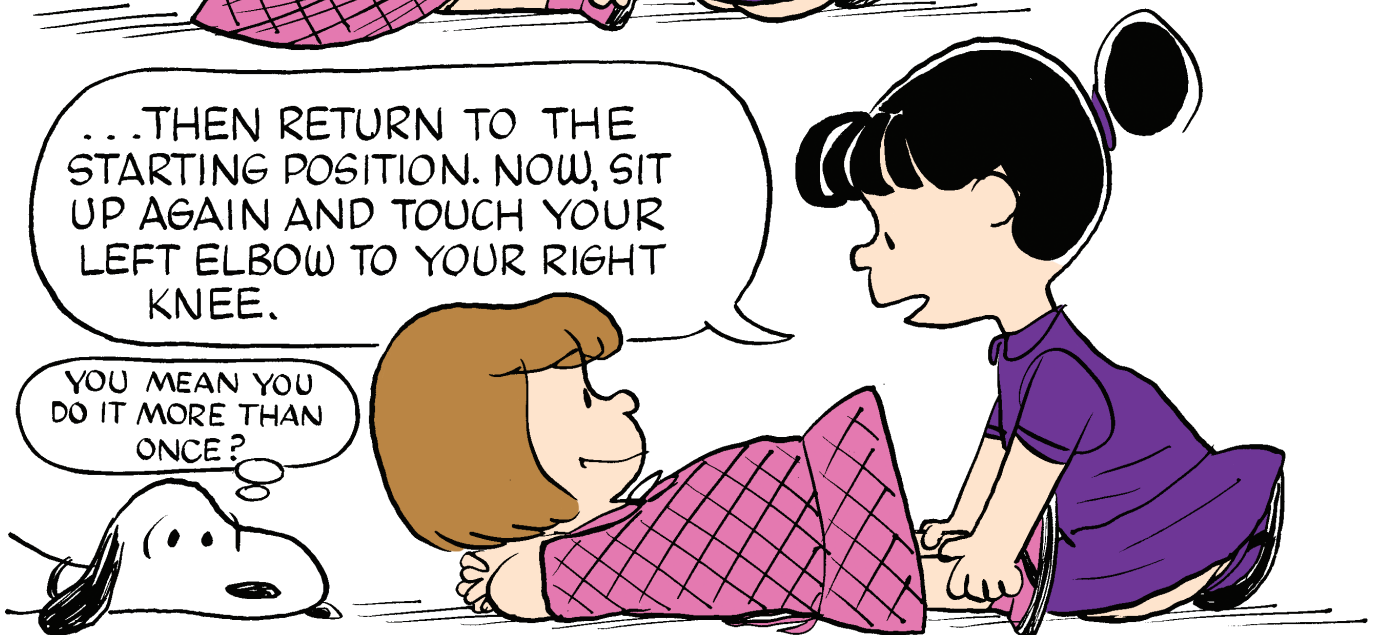


... NOW, SIT UP AND TOUCH YOUR RIGHT ELBOW TO YOUR LEFT KNEE...

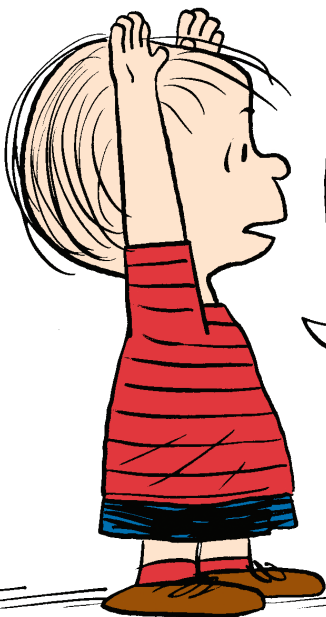


... THEN RETURN TO THE STARTING POSITION. NOW, SIT UP AGAIN AND TOUCH YOUR LEFT ELBOW TO YOUR RIGHT KNEE.

YOU MEAN YOU DO IT MORE THAN ONCE?



JUMP AND REACH



FOR THE STARTING POSITION, YOU STAND ERECT WITH YOUR FEET SLIGHTLY APART, ARMS EXTENDED OVERHEAD, PALMS FACING OUT.



ON COUNT ONE, KEEPING YOUR ARMS FULLY EXTENDED, SWING THEM DOWNWARD AND BACK AS FAR AS POSSIBLE, MEANWHILE BENDING DEEPLY AT THE WAIST AND FLEXING YOUR KNEES SLIGHTLY.

ON COUNT TWO, SWING YOUR ARMS UPWARD FORCEFULLY, STRAIGHTENING YOUR BODY AND LEAPING AS HIGH AS POSSIBLE, LANDING IN STARTING POSITION.



JUST BE CAREFUL YOU DON'T GO INTO ORBIT!

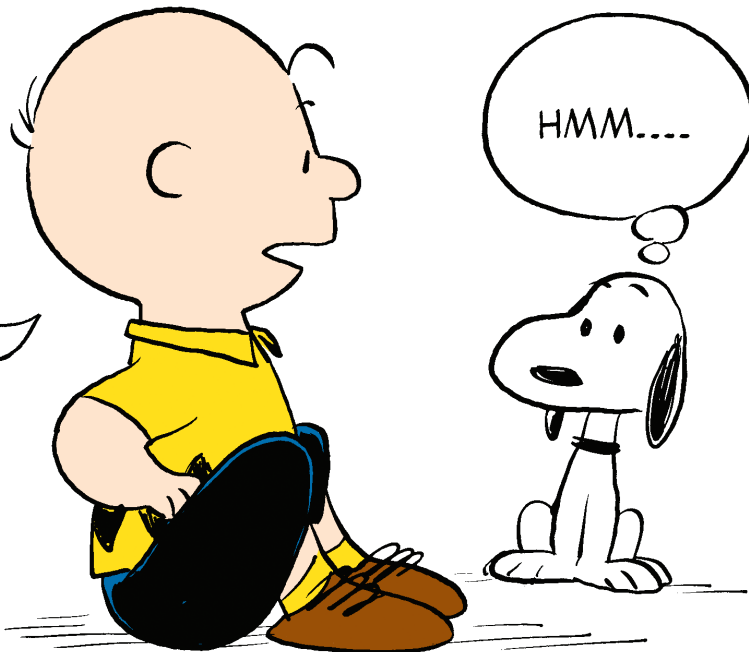


LEG EXTENSION



HERE'S A GOOD EXERCISE FOR THE LEGS. SIT WITH YOUR LEGS EXTENDED, BODY ERECT AND HANDS ON HIPS.

ON COUNT ONE, WITH A QUICK AND VIGOROUS ACTION RAISE AND FLEX THE KNEES BY DRAGGING YOUR FEET TOWARD YOUR BODY WITH TOES SLIGHTLY TOUCHING THE GROUND.



HMM....



ON COUNT TWO, EXTEND YOUR LEGS BACK TO THE STARTING POSITION.