

Sweatember with Emily and Katie

For the whole of September Emily and Katie are raising awareness for Cystic Fibrosis by getting everyone moving and joining them for Sweatember.

One fun way to get moving is to exercise and spell your name - you can do it at school or at home. All you need to do is spell your name and do the exercise for that letter. You could spell your name in one day or do one letter a day and then spell the name of a family member. Simply record the letter on the day you complete it.

Spell your name and get moving!

Young Children Exercises

A Jump up & down 10 times	N 30 star jumps
B Spin in a circle 5 times	O Jump like a frog 5 times
C 20 star jumps	P 5 push ups
D 10 Arm circles each side	Q 10 Arm circles each side
E Hop on each foot 5 times	R 30 toe taps
F 3 Cartwheels	S Hop on each foot 5 times
G Jump like a frog 10 times	T 4 Cartwheels
H Touch your toes 15 times	U Touch your toes 10 times
I Hop on each foot 5 times	V 20 Air punches
J 10 Star jumps	W Jump like a frog 5 times
K 20 Air punches	X Spin in a circle 5 times
L Hop on each foot 5 times	Y 20 Star jumps
M Spin in a circle 5 times	Z Reach for the stars 10 times

Older Children Exercises

A: 10 BURPEES	N: 15 PUSH UPS
B: 20 PUSH UPS	O: 2 MINUTE WALL SIT
C: 35 JUMPING JACKS	P: 25 JUMPING JACKS
D: 1 MINUTE PLANK	Q: 15 BURPEES
E: 20 SQUATS	R: 20 SQUATS
F: 1 MINUTE WALL SIT	S: 30 CRUNCHES
G: 20 BURPEES	T: 20 ARM CIRCLES
H: 30 PUSH UPS	U: 1 MINUTE PLANK
I: 20 ARM CIRCLES	V: 25 SQUATS
J: 30 CRUNCHES	W: 20 PUSH UPS
K: 25 SQUATS	X: 45 SECOND PLANK
L: 30 ARM CIRCLES	Y: 30 JUMPING JACKS
M: 45 SECOND PLANK	Z: 20 ARM CIRCLES

Sweatember with Emily and Katie



Record your name and your family members for all of September and get moving!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	How I felt?
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31	1	2	3	