## May 2024

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
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<td>HIIT Circuit</td>
<td>Taste Test Thursday</td>
<td>Try it Out: Make Your Own Tacos</td>
<td>Trail Time Kruidenier Trail</td>
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<tr>
<td>Cinco de Mayo Workout</td>
<td>Kite Flying: Beaverbrooke Park</td>
<td>Fun Snacks! Protein Bites</td>
<td>HIIT Circuit</td>
<td>Taste Test Thursday</td>
<td>Try it Out: Frozen Tropical Fruit Yogurt</td>
<td>Trail Time Fort Des Moines Nature Trail</td>
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<tr>
<td>Sunny Sunday Walk</td>
<td>Kite Flying: Campbell Recreation Area</td>
<td>Fun Snacks! Hummus</td>
<td>HIIT Circuit</td>
<td>Taste Test Thursday</td>
<td>Try it Out: Pita Pocket</td>
<td>Trail Time High Trestle Trail Bridge</td>
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<tr>
<td>Sunny Sunday Walk</td>
<td>Kite Flying: Grays Lake</td>
<td>Fun Snacks! Avocado Melt</td>
<td>HIIT Circuit</td>
<td>Taste Test Thursday</td>
<td>Try it Out: Apple Peanut Butter Toast</td>
<td>Trail Time Yellowbanks Park Backpacker Trail</td>
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<tr>
<td>Sunny Sunday Walk</td>
<td>Kite Flying: White Birch Park</td>
<td>Fun Snacks! Yogurt Bark</td>
<td>HIIT Circuit</td>
<td>Taste Test Thursday</td>
<td>Try it Out: Kebabs</td>
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</tbody>
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*Note: Events are hypothetical and for demonstration purposes.*

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*Blank Children's Hospital UnityPoint Health*
**Sunny Sunday Walk**
Get outdoors and enjoy the spring weather every Sunday this month with a nice 30 minute walk with friends or family. Even if it’s raining, grab an umbrella and get in that 30 minutes of movement!

**Kite Flying**
Make Mondays kite flying days! Choose your favorite park with wide-open spaces, watch for power lines and go fly kites! We have a few ideas of good places to go listed on Mondays in May!

**Try It on Fridays**
Every Friday you can try a new recipe. Look it over during the week so you can add the ingredients to your grocery list.

- Make Your Own Tacos
- Traffic Light Kebabs
- Frozen Tropical Fruit Yogurt
- Pita Pocket
- Apple Peanut Butter Toast

**HIIT Circuit**
Crush this high intensity interval training workout! Do each move for 30 seconds and take 15 seconds rest in between each move to complete 1 set. Rest for 1 minute. Repeat for a total of 3 sets.

- High knees
- Push-ups
- Mountain climbers
- Squats

**Cinco de Mayo Workout**
Five fun exercises for a fun workout to change things up! Do 5x2 reps (for a total of 10) each for 3 rounds.

- Squat jumps
- Calf raises
- Tricep dips
- Bicycle crunches
### Taste Test Thursday

Try a new fruit or veggie that you might not be familiar with or try one you do like with a new dip or seasoning. Here are some options to get you started.

- Jicama
- Artichoke
- Mango with chili powder
- Okra
- Pomegranate
- Rambutan
- Dragon fruit

### Fun Snacks

These easy-to-make snacks are great for movie nights, hanging out with friends, or as snacks to take to the soccer game on the weekend.

- Protein bites
- Yogurt bark
- Hummus
- Avocado melt

### Trail Time

Trails for hiking, running, and biking are a favorite of this calendar because there are so many to choose from in Central Iowa! Here are some specific trails to try out on your Saturdays.

- Kruidenier Trail, Gray’s Lake
- Fort Des Moines Park Nature Trail
- High Trestle Trail bridge
- Yellow Banks Backpacker Trail

For an electronic version with clickable links, go to: [https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx](https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx)