

May 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--|---|--------------------|------------------------------|---|---|
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| 5 Cinco de Mayo Workout | 6 Kite Flying: Beaverbrooke Park | 7 Fun Snacks! Protein Bites | 8 HIIT Circuit | 9 Taste Test Thursday | 10 Try it Out: Frozen Tropical Fruit Yogurt | 11 Trail Time Fort Des Moines Nature Trail |
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| 26 Sunny Sunday Walk | 27 Kite Flying: White Birch Park | 28 Fun Snacks! Yogurt Bark | 29 HIIT Circuit | 30 Taste Test Thursday | 31 Try it Out: Kebabs | |



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!

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](#)

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

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!

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



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

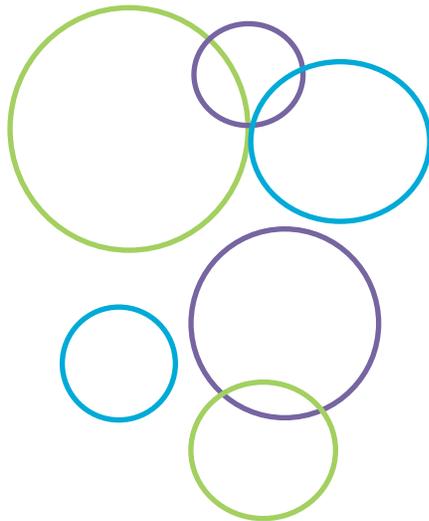
These easy-to-make snacks are great for movie nights, hanging out with friends, or as snacks to take to the soccer game on the weekend.

[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>



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