

12 DAYS OF *fitness*

COMPLETE ALL OF THESE FUN FESTIVE FITNESS
TASKS THIS HOLIDAY SEASON WITH YOUR FAMILY!

- do 12 jumping jacks
- go for a short walk outside - bundle up!
- do 12 squats
- make a card for a friend or a family member
- run in place for 12 seconds
- go outside and make a snowman, or draw one.
- make a New Years Resolution.
- do 12 toe touches
- surprise a family member with a phone call
- make snow angels - or floor angels if there is no snow!
- go for a ride to look at the lights
- have a holiday music dance party



Return your completed form to the YMCA by
the end of December to receive
YOUR EXCITING PRIZE!