



To begin, focus on just one exercise per day, doing it whenever you think of it throughout your day. Check off each box you complete and then move onto the Moderate Christmas Fitness Challenge.

- ☐ **C - Calf Stretch:** Get your toes higher than your heels.
- ☐ **H - Heart Opener:** Open your arms and stretch your chest.
- ☐ **R - Row:** Reach forward, then pull those elbows back.
- ☐ **I - Incline Plane:** Sit down, plant your hands behind you, lift your hips up.
- ☐ **S - Step Ups:** And down and up and down a few extra times.
- ☐ **T - Transverse Abs:** Exhale as you visualize lifting your core inward & upward.
- ☐ **M - Marching:** Walk in place while stirring, typing, watching a show.
- ☐ **A - Alternating Leg Lifts:** Raise one leg out to the side, then the other.
- ☐ **S - Squats:** Feet hip-width apart, knees in line with center toes, ribs in line with hips.