

12 Days of Christmas Workout Challenge

DO EXERCISES EACH DAY FROM **13-24 DECEMBER** AND TAKE TIME TO REFLECT

- 13 Dec – try to do a plank for 30 seconds today**
What things in life do you need to put down that you've held on to?
- 14 Dec – do 10 squats each time you hear your name**
Which names in your phone contacts might appreciate hearing from you today?
- 15 Dec – do five star jumps each time you sing a carol**
How can you shine brightly today and be a light for others?
- 16 Dec – can you be more active throughout today?**
Set a fitness goal for yourself and take that leap of faith!
- 17 Dec – who could you exercise with today?**
Is there someone you could encourage and work out with?
- 18 Dec – focus on doing 15 minutes of stretching today**
What is stretching you in your life? What needs focus or re-focus? Don't quit!
- 19 Dec – go for a lunchtime walk**
Pray for the communities of sport where you live today.
- 20 Dec – plank for one minute today**
What good habit from 2024 do you want to hold on to as you head into 2025?
- 21 Dec – write down five fitness goals for 2025**
What are your faith goals for 2025? Share them with someone!
- 22 Dec – do a sit-up each time you sing a carol**
Be thankful for the people that have your back. Tell them!
- 23 Dec – try and touch your toes 50 times today**
Who do you need to reach out to this Christmas?
- 24 Dec – be energetic for the whole day**
Let every person you meet today be filled with encouragement, love and joy! Jump to it!

