

The 12 (or 25!)
Days of Fitness

December 2018

Healthy Holiday COUNTDOWN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 • strength Hold a side plank for 1 minute on each side. Lift your top leg for the last 15 seconds on each side.
2 • stretch 2-minute sequence: Superman to forearm plank to Cobra pose to Downward Dog. Focus on lengthening.	3 • mental Schedule one self-care activity for yourself to be completed in December. Indulge a little.	4 • endurance Get in the holiday spirit with a wall sit to your favorite Christmas song.	5 • core Plank Sequence: Forearm plank, left side plank, shoulder plank, right side plank, forearm plank. 1 minute each (or as close as you can!)	6 • cardio Winter Sports Cardio Burst: 1 minute speed skaters, 1 minute mogul hops, 1 minute skiers. Repeat once (total of 6 minutes)	7 • food Plan and prep a whole week of healthy lunches focusing on green and red.	8 • strength 8 star jumps 8 tricep dips Repeat 8 times.
9 • stretch Visualize yourself as a winter tree and hold Tree Pose for 1 minute on each side.	10 • mental Make a list of 10 things you love about yourself - physical, mental, anything goes. Write it down or say it out loud!	11 • endurance 11 walking lunges in one direction 11 deep squats 11 walking lunges in opposite direction	12 • core 12 Days of Core: 12 crunches, 11 clamshells, 10 reverse crunches, 9 hip bridges, 8 bicycles, 7 walking marches, 6 Russian twists, 5 walkout planks, 4 V-sit in & outs; 3 Pilates roll-ups, 2 Superman lifts, 1 min reverse plank	13 • cardio Have a 10-min. Christmas song dance party -- at least 3 songs! Don't stop moving your feet. Or alternate fast feet, high knees, and side steps instead.	14 • food Limit yourself to ONE treat only at each holiday event this weekend. (That's one dessert OR one cocktail!)	15 • strength Try a 5-10-15: 5 burpees 10 deep plie squats 15 standing crunches Repeat 3x (15 total burpees!)
16 • stretch The solstice is approaching. Complete a Sun Salutation yoga sequence.	17 • mental Put your phone down for at least 1 hour before bedtime. Don't pick it back up until morning.	18 • cardio Get outside (unless there's a blizzard!) for 18 minutes of power walking or jogging.	19 • food Cut all added sugars (read the nutrition labels!) for at least 24 hours and see how it makes your body feel.	20 • strength Do 20 perfect push-ups. Go slow or fast, on your toes or your knees, but challenge yourself not to rest in between reps.	21 • core Hold a "grateful" plank for at least 1 minute (as long as you can!) while you focus on what you're grateful for.	22 • endurance Get at least 15,000 steps while you rush around doing last-minute holiday prep.
23 • stretch Start your Sunday with 20 minutes of yoga to balance body and mind.	24 • food ★ Drink 80 ounces of water (in addition to whatever else you're eating and drinking today.)	25 • mental Celebrate your journey and pause for reflection with a quick guided meditation.	26 • endurance Knock out 26 speed squats as fast as possible.	27 • core 20 heel drops 7 burpees Repeat for good measure	28 • food Eat one serving of vegetables at every meal and snack.	29 • strength 29 bicep curls and 29 upright rows with weights or resistance band
WANT TO KEEP GOING? FINISH OUT THE YEAR STRONG!						
30 • stretch 30 calf raises 30-sec Figure 4 stretches (both sides) 30 butterfly hip bridges 30-sec butterfly stretch	31 • mental Write down at least three S.M.A.R.T. goals for 2019.					