



Fitmas Bingo

HASD Wellness December 2021 Challenge



Instructions: Get as many BINGOs as possible (or a blackout board) during the month of December. Each BINGO earns an entry into a drawing to win a prize, and a blackout board earns 12 entries. Any workout squares must be 20 minutes or more to count. BINGO board must be turned in to Michelle Murphy @ GMS by **January 5th, 2022** to be eligible for a prize. There will be 2 one-year subscriptions to Beachbody On Demand (Valued at \$100 each) as grand prizes and several other runner up prizes, including t-shirts, water bottles, etc. Here's to a healthy mind and body to finish 2021 strong!

RUN/WALK PAST CHRISTMAS LIGHTS	DE-STRESS YOGA WORKOUT *	GO MEATLESS FOR A DAY	PARTICIPATE IN A WINTER ACTIVITY	EAT A HEALTHIER VERSION OF A HOLIDAY TREAT
ENJOY CONVERSATION WITH A FRIEND/S YOU HAVEN'T SPOKEN TO IN AWHILE	LEAVE A POSITIVE NOTE IN A COLLEAGUE'S MAILBOX	ACHIEVE 10,000 STEPS IN ONE DAY	STRENGTH (WEIGHTS) WORKOUT	RUN/ WALK/ WORKOUT WITH A FRIEND
MAKE A LIST OF AT LEAST 3 STRENGTHS OR THINGS YOU ARE GOOD AT AND POST IT SOMEWHERE TO LOOK AT	DO NOT USE YOUR PHONE/ DEVICE FOR AT LEAST 1 HOUR BEFORE BED	CORE WORKOUT	WRITE USING THE GRATITUDE PROMPTS *	WATCH YOUR FAVORITE CHRISTMAS MOVIE
HITT WORKOUT	INCLUDE FRUIT AND VEGGIES INTO EACH MAIN MEAL YOU EAT TODAY	CLEAN OFF SNOW/FROST OFF SOMEONE'S VEHICLE	WATCH A CHRISTMAS MOVIE AND PARTICIPATE IN THE WORKOUT PROVIDED*	VOLUNTEER OR DONATE TO THE LOCAL COMMUNITY
GET AT LEAST 8 HOURS OF SLEEP.	GO FOR A WALK/ HIKE/ RUN IN A DIFFERENT TOWN THAN WHAT YOU LIVE IN	EAT BREAKFAST GRAIN PROTEIN VEGETABLE FAT	DRINK AT LEAST 64 OZ OF WATER	WORKOUT WITHOUT USING A TRACKING DEVICE TO SEE HOW MANY CALORIES BURNED

December 2021: *Mental Wellness Challenge*

12 gratitude journal prompts FOR DECEMBER

1. What's one thing you get to have or do this month that you didn't have last December?
2. What are you looking forward to as we change from Fall to Winter?
3. How can you live more in the present this month?
4. What's one thing that's better about this month from last month?
5. What is something you have that other's don't this month?
6. What's one event you are looking forward to doing this month?
7. What's one thing you can commit to this month to move closer to your goals?
8. How can you show up in December to be the best ideal of yourself?
9. Who is one person that makes this month special?
10. Create three affirmations you can repeat this month.
11. What is one thing about your job that you appreciate this month?
12. What is one thing you learned last month that you can use this month?

PARTY DECORATIONS & POSITIVITY
A TOUCH OF 

Holiday De-Stress Yoga

Slowly and gently move into one of the yoga poses below. Once you've settled into the full pose, focus on slow, controlled, and deep breathing from your belly, inhaling to a count of five and exhaling to a count of three. Take 5 to 10 deep and slow breaths in each pose (on both sides when applicable) before moving onto the next.



December 2021: Holiday Movie Workouts

ELF Workout



Whenever someone says "Christmas cheer"
...do 5 squats
When someone references the North Pole
...do 5 tricep dips
When you hear "Cotton Headed Ninny Muggins"
...do 10 burpees
Anytime Buddy consumes sugar
...do 3 lunges/side
Whenever someone says Buddy
...do 5 crunches



~Girl on the Move~

HOME ALONE Workout

When Harry or Marv gets hurt:
15 JUMPING JACKS

When you see Harry's gold tooth:
5 BURPEES

When Marv says "Wet Bandits":
10 PUSH-UPS



When you see the tarantula:
1 MINUTE PLANK

When someone screams:
ALTERNATE 30 SECONDS OF HIGH KNEES AND 30 SECONDS OF BUTT KICKS FOR THE DURATION OF THE SCREAM



7fe+She EAT CLEAN

the grinch movie workout

10 Pushups

each time "The Grinch" Song is played

5 Burpees

every time the Grinch steals something

15 Triceps Dips

each time you hear a made up word

1 minute of Jumping Jacks

every time the narrator says a word containing, "who"



25 Plié Squats

each time the Grinch flashes a creepy smile

*Please remember to warm-up and cool-down before and after exercise

*Intended to be done while viewing the movie, "The Grinch"

www.heandsheeatclean.com

RUDOLPH WORKOUT!

To the song, Rudolph the red nosed reindeer.



JOG IN PLACE. EVERYTIME YOU HEAR THE WORDS BELOW, REPLACE THEM WITH THE MOVE!

**SANTA = PUSH-UP
RUDOLPH = BURPEE
REINDEER = POP SQUAT
CHRISTMAS = JUMPING JACK**

TheSweatyBetties.com

Hallmark Christmas Movie Workout

Snowball Fight/Ice Skating/Sledding

10 Jumping Jacks

Christmas Cookies/Baking Cookies

30 Seconds of Mountain Climbers

Hot Chocolate/Egg Nog/Cider/Coffee

10 Push Ups

Christmas Trees/Christmas Tree Farms

15 Air Squats

Christmas Functions/Family Traditions

30 Second Forearm Plank

Snow/Snow on Christmas

5 Burpees - 10 Burpees for Snow on Christmas

Big City Person In A Small Town

10 Lunges Per Leg/15 For A Return To A Hometown

Romantic Kiss/Kiss Under The Mistletoe

10 Sit Ups - 15 Under The Mistletoe

www.sarahwyland.com