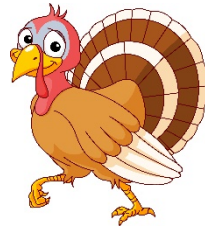


5 days of feasting... on PHYSICAL ACTIVITY

Try one of these workouts to jumpstart your day and stay active over break! Get your family and friends to join you and burn those extra holiday treats!



Day 1	Day 2	Day 3	Day 4	Day 5
<ul style="list-style-type: none"> • Run in place for 30 seconds <p>Repeat 2-3 times the following</p> <ul style="list-style-type: none"> • 15 jumping jacks • 10 alternating lunges • 10 push-ups (on knees if needed) • 10 squats • 20 second mountain climbers 	<ul style="list-style-type: none"> • 10 minutes (run for 30 seconds, walk for 90.. 5 rounds) • 20 yards, walking lunges • 30 second plank • 30 second wall sit 	<ul style="list-style-type: none"> • 10 push ups • 20 squats • 15 lunges • 40 crunches • 30 sec plank • 35 jumping jacks • 15 min walk/jog 	<ul style="list-style-type: none"> • 10 minutes (run for 30 seconds, walk for 90.. 5 rounds) <p>Repeat 2-3 times the following</p> <ul style="list-style-type: none"> • 15 crunches • 15 jump squats • 30 sec plank 	<ul style="list-style-type: none"> • 30 seconds high knees in place • 10 lunges • 10 push-ups • 10 squats • 10 sit ups • 10 jumping jacks