





1 MILE 2 MINUTES OF 3X 4X WALK/JOG WALL SIT 30 SECOND 4 AIR SQUATS **PLANKS** 7 MINUTES OF 5X 6 ROUNDS OF 8 BACK 5 TRICEP DIP SKIPPING, 10 CRUNCHES LUNGES: **REBOUNDING** ON FLOOR OR EACH LEG **OR JUMP** CHAIR ROPE 12 MINUTES 9 PUSH UPS 10 CALF 11 HIP OF BREATH 2X RAISES **THRUSTS** WORK OR YOGA

#### HOW TO COMPLETE THE CHALLENGE

Date range: Dec. 13- Dec. 24

**BEGINNER**: DO DAY 1 AND THEN THE DAY'S ACTIVITY

INTERMEDIATE: ON THE FIRST DAY, START WITH 1 MILE WALK/JOG ONLY. DAY 2 COMPLETE ONE MILE WALK/JOG AND 2 MINUTES OF WALL SIT. DAY 3 ONE MILE JOG, 2 MINUTES OF WALL SIT AND 3X 30 SECOND PLANKS.... CONTINUE

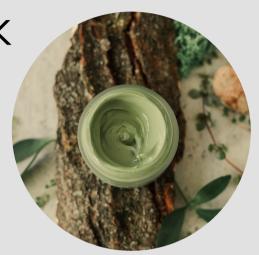
ADDING EACH EXERCISE UP TO DAY 12.

**ADVANCED:** DO ALL MOST DAYS OF THE WEEK



# grinchmas face mask

- 2 tbsp water
- 2 tsp matcha powder
- 1 tbsp aloe vera gel
- 2 tbls honey
- 2 drops vitamin E oil
- 5 drops essential oil of choice
- {mix together in bowl)





# holy night body scrub

- 1/2 cup coconut oil
- 1.5 cups sea salt
- 1/2 cup coffee ground
- {heat coconut oil for 30-50 seconds; mix all ingredients together in bowl}





### twinkle mocktail

- 1.5 cups sparkling water
- 1 tbls apple cider vinegar
- 1tsp ginger
- 1 tsp bitters
- 1 lime
- 1 cup of ice
- 4 organic mint leaves, stem of rosemary or thyme

{Add all the ingredients to a cup, stir and enjoy!}





great gift idea too

## holiday roasted nuts

- 1 cup almonds
- 1 cup walnuts
- 1.5 cups macadamia nuts
- .5 cup pumpkin seeds
- 3 tbsp coconut oil

{Add all nuts to a glass bowl; heat coconut oil in a glass bowl for 45 seconds. Add spices/herbs (see below). Add coconut oil mix to the nuts. Roast in oven at 250 degrees for 20 minutes.

**Spicy:** 1/4 tsp of: paprika, cayenne pepper,

cinnamon, sea salt

Herbby: 1 tbsp of rosemary, garlic, thyme,

sea salt

