



# *Holiday ebook*





# 12 DAYS OF *fitmas*

1 MILE  
WALK/JOG

2 MINUTES OF  
WALL SIT

3X  
30 SECOND  
PLANKS

4X  
4 AIR SQUATS

5X  
5 TRICEP DIP  
ON FLOOR OR  
CHAIR

6 ROUNDS OF  
10 CRUNCHES

7 MINUTES OF  
SKIPPING,  
REBOUNDED  
OR JUMP  
ROPE

8 BACK  
LUNGES;  
EACH LEG

9 PUSH UPS  
2X

10 CALF  
RAISES

11 HIP  
THRUSTS

12 MINUTES  
OF BREATH  
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



# homemade gifts

## grinchmas face mask

- 2 tbsp water
- 2 tsp matcha powder
- 1 tbsp aloe vera gel
- 2 tbs 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}





# let's party

## twinkle mocktail

- 1.5 cups sparkling water
- 1 tbs apple cider vinegar
- 1 tsp 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





