

WINTER WORKOUT CALENDAR

<p>Day 1: Christmas Countdown Workout</p> 	<p>Day 2: Go for an evening stroll to see the lights</p> 	<p>Day 3: 10 min of stretching or foam rolling</p> 	<p>Day 4: Winter HIIT Workout</p> 
<p>Day 5: Spend more time standing than sitting</p> 	<p>Day 6: Morning stretches</p> 	<p>Day 7: Christmas Countdown Workout</p> 	<p>Day 8: Take the stairs instead of the elevator</p> 
<p>Day 9: Go for a walk while you make that phone call</p> 	<p>Day 10: Winter HIIT Workout</p> 	<p>Day 11: 10 minutes of flexibility exercises</p> 	<p>Day 12: 10 squats while you brush your teeth</p> 
<p>Day 13: Christmas Countdown Workout</p> 	<p>Day 14: Clean and declutter!</p> 	<p>Day 15: Get off one station earlier</p> 	<p>Day 16: Winter HIIT Workout</p> 
<p>Day 17: Dance to your favorite song</p> 	<p>Day 18: Do sit-ups while you're watching TV</p> 	<p>Day 19: Go to the shops on foot</p> 	<p>Day 20: Christmas Countdown Workout</p> 
<p>Day 21: Take a walk with friends</p> 	<p>Day 22: Try some yo-ho-ho-hoga</p> 	<p>Day 23: Winter HIIT Workout</p> 	<p>Day 24: Rock around the Christmas tree!</p> 