






December

Try one of the activities listed or write down your minutes of physical activity each day. Enter the monthly drawing if you complete 10 activities or 10 days with 30 minutes of activity.

Get Moving Today-Adult Version

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Upright Rows</p> 	<p>Arm workouts with dumbbells, soup can, or bottle of water: 25 upright rows 20 overhead tricep extensions</p>	<p>God renew my energy when I am tired.</p> <p>Psalm 103:5</p>	<p>Arm workout continued 25 shoulder presses 20 tricep dips</p>	<p>If you keep good food in your fridge, you will eat good food.</p>	<p>Arm workout continued 25 front raises 20 side raises</p> <p>Do 3 sets with 2 min rest in between</p>	<p>Set up a meal plan for next week and prepare one/two of the meals to put in freezer</p>
<p>Lunge back and forth across the room. Take a big step, lower your body to the ground so the back knee skims the ground, push back up and take a step with the other foot.</p>	<p>Work those abs: laying on your back bring your knees and elbows together, keeping your lower back on the ground. Try doing 10 times. Make sure to exhale as you bring your knees and elbows together.</p>	<p>Chair Lunges: Stand with your back to a chair and place one foot/toe up on the chair behind you, step out with the other leg and lower your body to the ground, then push back up, repeat. Try doing 10 on each side.</p>	<p>A cheerful heart is good medicine ...</p> <p>Proverbs 17:22</p>	<p>Squat punches: With your feet shoulder width apart, squat down as if you are sitting in a chair. Keep your weight in your heels on the way down and push with the heels as you stand back up. Try doing 3 sets of 10.</p>	<p>Make time for physical play today - not exercise - but play.</p>	<p>Eat the colors of the rainbow today</p> 
<p>Take advantage of a sunny day and go for a 30 minute walk. The sun and the exercise will make you feel great!</p>	<p>Do a plank. Start in push-up position. Lower your forearms to the ground so your elbows and fists are flat to the ground. Have a straight back and tighten your core. Can you hold this for 10 seconds, 20, 30, or more?</p>	<p>Don't be impressed with all your wisdom. Instead, fear the Lord and turn your back on evil. Then you'll gain renewed health and vitality. Proverbs 3:7-8</p>	<p>Write a nice Christmas message to someone you haven't talked to in awhile.</p> 	<p>Remember to drink enough water. Even with the cold weather, your body still needs 8 glasses (8 oz each) of water a day.</p>	<p>Add bicep curls to your upper body arm workouts. With palms facing out, lift weights from thighs to shoulder. Keep your elbow to your side with each movement.</p>	<p>Park further away when doing your Christmas shopping.</p>
<p>Mindfulness Exercise: Focus your awareness on your breath. Pay attention to the sensations of the inhalation and exhalation. Notice any distractions and let them go and return your attention to your breath.</p>	<p>Spend 5 minutes of your lunch break for better Health!! 20 jumping jacks 10 squats 45 second wall sit 20 squats</p>	<p>Spend 5 minutes of your lunch break for better Health!! 20 high knees 5 floor or wall push-ups 20 situps 20 toe touches</p>	<p>Christmas Eve</p> <p>Enjoy a Christmas Eve Service!! While you're singing your favorite Christmas hymn add some movement.</p>	<p>Merry Christmas!! For unto us a child is born, unto us a son is given and the government shall be upon his shoulder. And his name shall be called; Wonderful, Counselor, The Mighty God, The Everlasting Father, The Prince of Peace</p>	<p>Grab some family members and a few sleds and find your favorite sledding hill!!!</p>	<p>Rules to a Better Life this 2015: Pray Always, Never Hate Don't Worry, Live Simply Expect A Little, Give A Lot Always Smile, Live with Love, Meditate on God's Words, Best of ALL, Be with GOD!!</p>
<p>Keep up the arm workouts. Pick four of the arm workouts from this month and do 2 sets with 12 reps each.</p>	<p>Do a good deed: Let someone go in front of you whether its in your car/store/etc.</p>	<p>Try push-ups today. Floor or wall push-ups are great. Do 3 sets of 10 each.</p>	<p>Think about your goals for the new year. Write them down to help you stick to them.</p>	<p>Overhead Tricep Extension</p> 	 <p>Tricep Dips</p>	<p>Shoulder Presses</p> 