

## 12 Days of Fitness

Over your 12 days of winter break, get up and be active with the 12 Days of Fitness. The first day you start, do the first activity. On the second day, do activity one and two and so on until you make it to the 12th day where you will get to do all 12 activities. Have fun and invite your family and friends to do it together!



### On the twelfth day of fitness, my body did for me...

- |                             |                     |
|-----------------------------|---------------------|
| 1 walk up & down the stairs | 7 sit ups           |
| 2 toe touches               | 8 knee lifts        |
| 3 mountain climbers         | 9 lunges            |
| 4 table push ups            | 10 calf raises      |
| 5 high jumps                | 11 chair sit squats |
| 6 10 second planks          | 12 jumping jacks    |

Adapted from Apple schools Alberta <https://sites.google.com/site/appleschools2014/top20>

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