



12 Days of Fitness

Have you ever felt like holiday events wear you out rather than lift you up? Join our holiday fitness program and **get fit for the holidays!** Give yourself the gift of fitness by participating in the 12 Days of Fitness. This program is designed to encourage moderate to vigorous physical activity during the December holiday season. Even small amounts of physical activity will help increase your energy level, reduce stress, and control holiday weight gain. This is one gift you won't need to return after the holidays!

Benefits of Holiday Fitness

- Burn excess holiday calories!
- Boost your energy level!
- Keep your stress low and your spirits high!
- Fit better into holiday clothes!
- Create a new holiday tradition!
- Get a head start on your New Year's fitness or weight loss resolutions!
- Make time for yourself during the holiday rush!
- Feel in control of your holiday schedule!
- Get the gift of fitness...you won't need to return it after the holidays!
- It's free!

Tips & Hints on How to Get Started

- Plan ahead.
- Start slowly - gradually add physical activity to your daily routine.
- Make fitness a priority.
- Set a convenient time to exercise and stick with it.
- Manage your environment to make it easier for you to be physically active.
- Before starting an fitness program, see your doctor if you are over 40, have been sedentary, and/or have any of the following major risk factors: overweight, diabetes, smoker, genetic predisposition to heart disease, high blood pressure.

Yes,

I was physically active for 12 or more days in December for 30 minutes or more each day. See calendar on reverse.

_____ Number of days you were physically active (Must be 12 days or more to be eligible for prizes)

Name _____

Please return this completed form to Julie Jones in Health Education by Friday, Jan 2, 2015 to be eligible for prizes.

12 Days of

Fitness

December 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

