24 Days of FITMAS

Move • Feel Good • Stay Merry!

Send us a PHOTO of your completed FITMAS Calendar by Monday December 28, 2026 for a chance to WIN an LRD Prize Pack!

Email to lrecdis@gmail.com



December 2026

Lorne Recreation District
District récréatif de Lorne

Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Jumping Jack Flash Do 10 jumping jacks (repeat X3)	**2** Adore the Core Do as many sit-ups or bicycle crunches as you can (repeat X3)	**3** Reindeer Knee Raises Do 10 alternating knee raises (repeat X3)	**4** Frosty's Freeze Hold a balance on one leg for 15 seconds, then switch legs (repeat X3)	**5** Dashing Through the Snow Take a 15-minute brisk walk outside
6 Jolly Jive Dance to a Christmas song (repeat X3)	**7** Ho Ho Hold It Do 3 different stretches of your choice (repeat X3)	**8** Deck the Dips Do 5 triceps dips (repeat X3)	**9** Fa-La-Lunge Do 5 lunges across the room (repeat X3)	**10** Santa's Side Steps Do 10 side steps in each direction (repeat X3)	**11** Tiptoe Through the Snow Do 15 calf raises (repeat X3)	**12** Dashing Through the Snow Take a 15-minute brisk walk outside
13 White Christmas Wall Sit – hold for 30 second intervals (repeat X3)	**14** Jingle Bell Jabs Do 20 alternating punches (repeat X3)	**15** Step Into Christmas 5 minutes of going up & down the stairs	**16** Festive Flexin' Do 10 biceps curls with dumbbell (repeat X3)	**17** Run Run Rudolph 1 minute run on the spot (repeat X3)	**18** Merry Plankmas Hold the plank for as long as you can (repeat X3)	**19** Dashing Through the Snow Take a 15-minute brisk walk outside
20 Rockin' Around the Christmas Tree Do 20 arm circles, 10 forward and 10 backward (repeat X3)	**21** Plum Pudding Push-ups Do 10 push-ups (repeat X3)	**22** Squatting Around the Christmas Tree Do 10 squats (repeat X3)	**23** Yuletide Yoga Do 2 yoga poses/stretches (repeat X3)	**24** Be Merry & Light Take a walk around town tonight & see the lights	**25** Merry Christmas!	**26**

Stay active ~ Stay healthy ~ Enjoy the season!