

December

“It is not how much we have, but how much we enjoy, that makes happiness.”
 – Charles Spurgeon–



2019

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| 1 Start the month by hanging up Christmas lights and decorations. | 2 10 Squats 15 Lunges 20 Sit-ups | 3 Eat a serving of both vegetables and fruit today. | 4 Go on a 30- minute walk | 5 10 Push-ups 30 Second Plank 15 Squats | 6 Walk up and down the <u>stairs</u> 3 times. | 7 Go support the Nome Volunteer Fireman’s Carnival |
| 8 30-second wall-sits 10 Push-ups 5 Burpees | 9 Drink 5 glasses of water | 10 Do yoga for 30 minutes | 11 Review your Journal entries and create 2 new goals | 12 15 Jumping Jacks 10 High-Knees 5-Tricep Dips | 13 Listen to Holiday music and have a dance party for at least 20 minutes! | 14 Take 10 minutes to meditate and breathe. |
| 15 Meal Prep 5 healthy meals for the upcoming week. | 16 Write a “Dear Santa” letter | 17 10 Tricep Dips 8 Push-ups 30-second Bear-Crawl | 18 15-Jumping Lunges 20- Sit-ups 10 Burpees | 19 <u>Walk</u> around town and see the Christmas lights. | 20 20 arm circles 15 Russian Twists 20 Heel Raises | 21 Bake cookies using a sugar substitute, like mashed bananas or apple sauce. |
| 22 15 Back Leg Raises 10 Lunges 5 Jump Squats or Chair Squats | 23 Eat at least three fruits and or vegetables today. | 24 Leave out Christmas cookies for Santa and carrots for the reindeer. Enjoy one cookie! | 25 Have a Merry Christmas by writing down 5 things you are grateful for | 26 45-second Plank 10 Push-ups 15 Crunches | 27 Build a snowman and/or a snow fort. | 28 Curl up with a blanket and watch a holiday movie with family. |
| 29 Get to the gym for an hour. Run, Play, Climb or Skate | 30 Choose a cardio exercise to do inside for 35 minutes. | 31 End the month by reflecting on 2019 and make two health goals! | | | | |

“Remember This December, that love weighs more than gold!”
 Josephine Dodge Daskam

Name _____ Date of Birth _____

Guardian's name (If under 18): _____

Your Community: _____

Phone Number: _____ Address _____

30 Day Fitness Challenge Rules

1. Complete exercise/activity designated for each day of the month.
2. You do not have to complete the exercises all at one time. For example: You can complete 15 mountain climbers in the morning of that day and 20 in the evening of that same day.
3. Participants under 18 years old must get a parent or guardian to sign the calendar.
4. Return completed calendar to CAMP to receive a prize.

I understand and accept the element of risk of physical injury through participation in the 30 Day Fitness Challenges. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise.

I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

(Participant or Parent/Guardian signature)

Date



Please return completed calendars to
NSHC CAMP office or email
Kim Gray kgray@nshcorp.org
Questions: Call 443-3365



**NORTON SOUND
HEALTH CORPORATION**