



**SUPER
HEALTHY
KIDS**

12 DAYS OF HEALTHY CHRISTMAS FOR FAMILIES



PLAY CHRISTMAS
CHARADES

Enjoy **CHRISTMAS YOGA**

HOST CHRISTMAS OLYMPICS



CHRISTMAS
TREE PICNIC

RUN A **5K** AS A FAMILY

6. DECLUTTER AND DONATE

SCAVENGER HUNT



Prep **AN EXTRA MEAL**

CHRISTMAS MOVIE EXERCISES

10 GO SLEDDING

11 BUST A MOVE

12 CHRISTMAS LIGHTS EVENING ADVENTURE