

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|--------------------|
| |  | |  | | 1 Festive Friday | 2 Dance It Out |
| 3 Be Still | 4 Monday Moves | 5 Veggie of the Week | 6 Focused Strength | 7 Hannukah Begins  Winter Walk | 8 Festive Friday | 9 Dance It Out |
| 10 Be Still | 11 Monday Moves | 12 Veggie of the Week | 13 Focused Strength | 14 Winter Walk | 15 Hannukah Ends  Festive Friday | 16 Dance It Out |
| 17 Be Still | 18 Monday Moves | 19 Veggie of the Week | 20 Focused Strength | 21 First Day of Winter Winter Walk | 22 Festive Friday | 23 Dance It Out |
| 24 Christmas Eve  31 New Year's Eve  | 25 Christmas Monday Moves  | 26 Kwanzaa Begins  Veggie of the Week | 27 Focused Strength | 28 Winter Walk | 29 Festive Friday | 30 Dance It Out |



The Details

Festive Friday Dress in your favorite holiday gear! Sing a holiday song! Rock around the Christmas tree or put on your Yamika with Adam Sandler! The point is to have fun even if you don't celebrate any of these holidays. Get festive in whatever way works for you!

Dance It Out Get active with a dance party with family or friends. You could even go roller skating or ice skating and skate along to the music. How many dance moves do you know?

Be Still This is a busy time of the year. Be sure to take some time to center yourself and think about the meaning of your holidays this season. Try to not let yourself get overwhelmed. Spend at least 5 minutes in quiet place focused on your breathing and calming your thoughts.

Monday Moves A little 5 minute exercise to start off your week! Look for a video to be posted to social media.

Veggie of the Week We will be featuring a different veggie each week to try with a fun recipe.

Focused Strength Four exercises to help build muscle and keep you feeling strong.

Winter Walk Bundle up and get outside! You don't have to go far. Even a few minutes has benefits. Try a holiday lights tour after dark or get a flashlight and head out on a wintery trail through the woods.

Julia on the Edge 2023