



Winter Wonderland SCAVENGER HUNT



Turn physical activity into a festive treat!
When you spot these decorations on your walk, do the exercise listed.

SNOWMAN

Glide like an ice-skater for 20 seconds.



SHIMMERING LIGHTS

Twinkle like holiday lights with 10 star jumps.



HOLIDAY INFLATABLES

Dance around with your arms in the air.



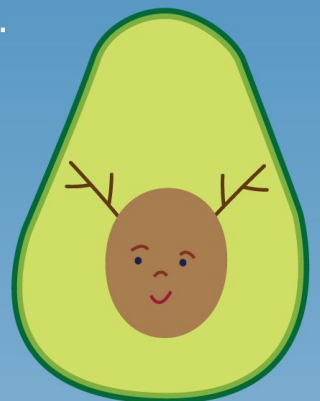
WREATHS

Hang your wreaths with 20 calf raises.



REINDEER

Prance like a reindeer for 1 minute.



CANDY CANE

Twist like a candy cane! Do 10 hip twists.

