



**SUPER  
HEALTHY  
KIDS**

.....  
We wish you peace, joy and happiness this holiday season, as well as an abundance of family fun and bonding through being active together.  
.....

**SHK**

**12 DAYS**

**OF CHRISTMAS**

**CHRISTMAS YOGA**

**SCAVENGER HUNT**

**PREP AN EXTRA MEAL**

**RUN A 5K AS A FAMILY**

**CHRISTMAS CHARADES**

**DECLUTTER AND DONATE**

**HOST CHRISTMAS OLYMPICS**

**PICNIC DINNER UNDER CHRISTMAS TREE**

**WATCH A CHRISTMAS MOVIE AND EXERCISE**

**GO SLEDDING**

**BUST A MOVE**

**CHRISTMAS LIGHTS**



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**SUPER  
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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