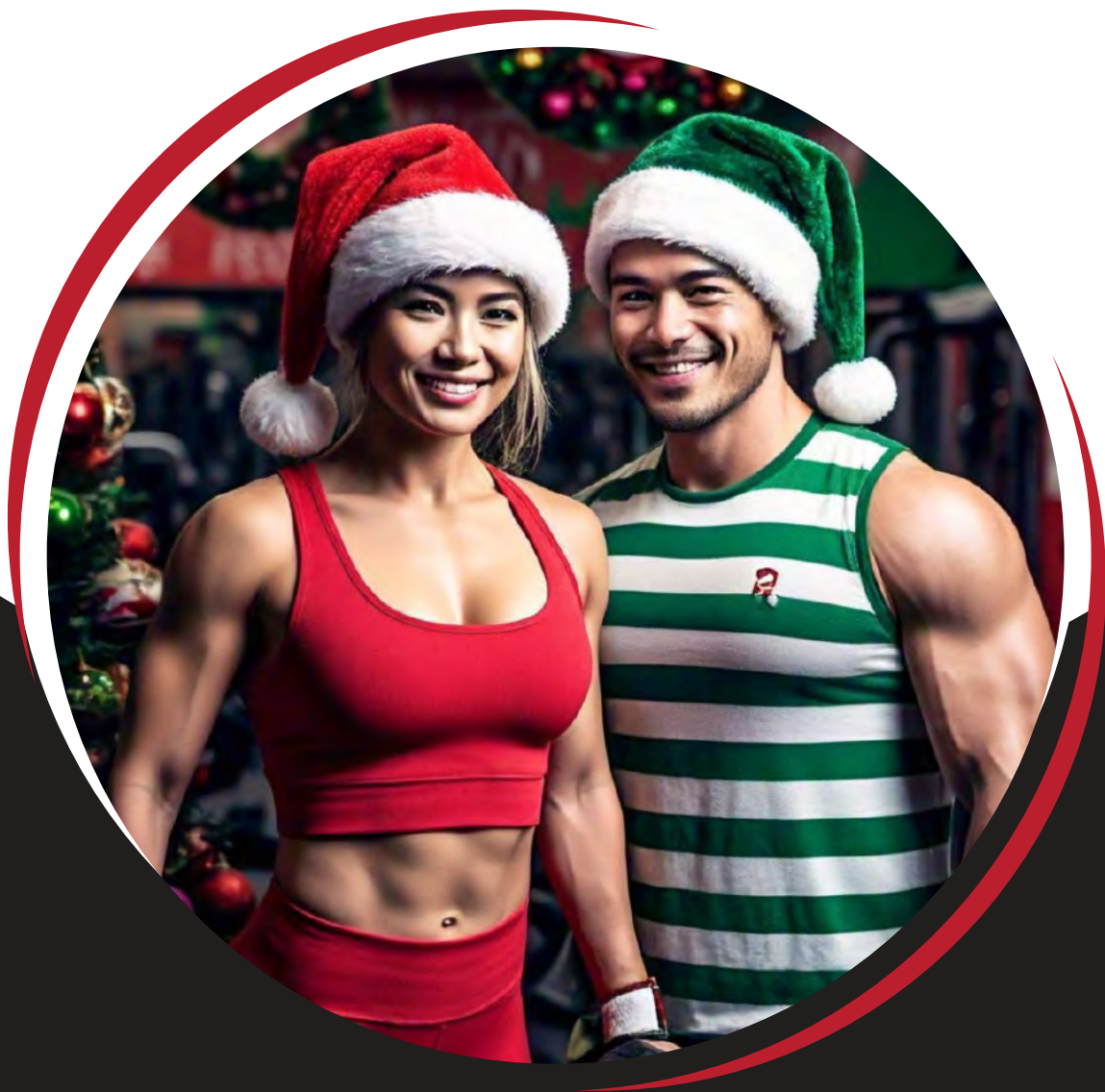


Festive Season: Holiday Fitness Guide



 069 570 3817 | uxihfpa-sportmembership.co.za

Stay fit and fabulous during the holiday season with our expert tips and workouts.

Section 1: Healthy Holiday Habits

1. Stay Hydrated: Drink 8–10 glasses of water/day.
2. Eat Mindfully: Savour each bite, avoid overeating.
3. Schedule Workouts: Treat them as non-negotiable appointments.
4. Manage Stress: Practice yoga, meditation, or deep breathing.

Section 2: Quick and Effective Workouts

Bodyweight Workouts

1. Burpees: 3 sets of 10 reps.
2. Jump Squats: 3 sets of 15 reps.
3. Mountain Climbers: 3 sets of 20 reps.
4. Plank: 3 sets of 30-second hold.

Yoga Flow

1. Downward-Facing Dog: 30 seconds.
2. Warrior II: 30 seconds (each side).
3. Triangle Pose: 30 seconds (each side).
4. Child's Pose: 30 seconds.

Dance-Based Workout

1. Jingle Bell Rock: 3 minutes.
2. Feliz Navidad: 3 minutes.
3. Winter Wonderland: 3 minutes.



Section 3: Healthy Holiday Recipes

1. Cranberry-Orange Relish.
2. Roasted Vegetable Delight.
3. Grilled Turkey or Ham.
4. Quinoa and Black Bean Salad.

Section 4: Motivation and Accountability

1. Set Realistic Goals.
2. Track Progress.
3. Find a Workout Buddy.
4. Reward Yourself.

Section 5: Holiday Survival Tips

1. Plan Ahead.
2. Stay Active.
3. Avoid Emotional Eating.
4. Get Enough Sleep.

