

# Winter Warm Up Emoji Game!



Guess the Christmas movie represented by the emojis in each line. Write your answers in the spaces provided. Can you figure them all out? Test your holiday movie knowledge and have fun! The answers are at the bottom of the Winter Warm-Lets Get Neat page.



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# Winter Warm Up

## Day 6 Challenge: "Let's Get NEAT!"

### What is NEAT?

NEAT stands for Non-Exercise Activity Thermogenesis, which includes all the energy you burn from daily activities outside of formal exercise. Think of it as the small movements that add up throughout your day—like walking, cleaning, or even standing instead of sitting. While these activities might seem insignificant, they can have a big impact on your overall health and calorie burn over time.

### Why is NEAT Important?

- NEAT is an easy, sustainable way to increase your activity level without committing to a structured workout.
- It contributes to your daily calorie expenditure, helping with weight management and improving cardiovascular health.
- By focusing on NEAT, you create opportunities to stay active even on busy days when a traditional workout may not fit into your schedule.

### Your Challenge:

Spend at least 30 minutes today engaging in NEAT activities. These can be broken up into smaller chunks throughout your day or done all at once—whatever works best for you!

### Examples of NEAT Activities:

- Park farther away from the entrance at work or the store.
- Take the stairs instead of the elevator.
- Walk all the aisles in the grocery store, even if you don't need to.
- Use the farthest printer, restroom, or breakroom at work.
- Do some light cleaning or tidying up around the house.
- Dance to your favorite holiday music for a quick burst of movement.
- Walk around the room or pace while taking phone calls.
- Play with your kids or pets—bonus points for festive fun!
- Stand up and stretch for a few minutes every hour while at your desk.

### The Bottom Line:

NEAT isn't about working out—it's about finding small ways to stay active and make movement a part of your everyday life.

The answers to the Christmas movie emoji game are: A Christmas Story, Nightmare Before Christmas, Polar Express, Arthur Christmas, It's a Wonderful Life, Home Alone, Miracle on 34th Street, White Christmas, A Christmas Carol, and Elf.