

W I N T E R W A R M U P FESTIVE FOCUS

Let's play Christmas match-up!

Can you find the right answer for each question?

- _____ 1. I come down the chimney with a jolly old laugh.
- _____ 2. I'm often round and red, and sometimes white or green.
- _____ 3. I'm often sung about, and I have a shiny star on top.
- _____ 4. I'm sweet and chewy, often enjoyed with hot cocoa.
- _____ 5. I'm often hung on stockings, and I'm small and shiny.
- _____ 6. I'm a wintery treat that's often made with sugar and spice.
- _____ 7. I'm a festive song often sung around the Christmas tree.
- _____ 8. I'm a reindeer known for his bright red nose.
- _____ 9. I'm a traditional Christmas meal that's often roasted.
- _____ 10. I'm a wintery wonderland where Santa's workshop is located.
- _____ 11. I'm a small, furry creature that often lives in Christmas trees.
- _____ 12. I'm a popular Christmas drink that's often spiced.

A. THE NORTH POLE
B. CHRISTMAS ORNAMENT
C. SANTA CLAUS
D. CHRISTMAS TREE
E. TURKEY
F. MARSHMALLOW

G. RUDOLPH
H. GINGERBREAD MAN
I. JINGLE BELLS
J. SQUIRREL
K. EGGNOG
L. CHRISTMAS GIFT

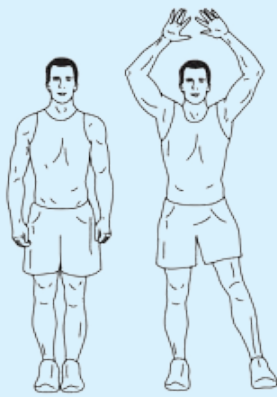
**COMPLETE FROSTY'S CARDIO BLAST OR THE FESTIVE
FOCUS RIDDLE FOR TODAY AND LOG IT ON YOUR
HOLIDAY HUSTLE LOG. FEELING AMBITIOUS? DO BOTH
AND CHECK OFF TWO ORNAMENTS!**



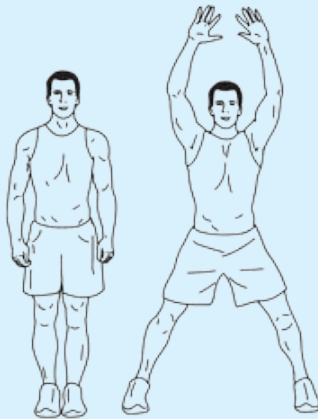
WINTER - WARM UP

FROSTY'S CARDIO BLAST

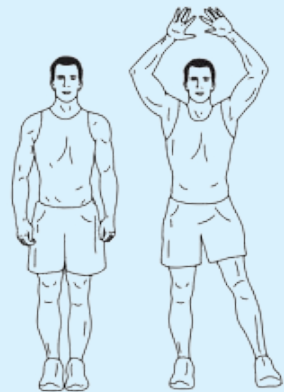
GET YOUR HEART PUMPING WITH FROSTY'S FAVORITE MOVES! COMPLETE 2 OR MORE ROUNDS OF THE EXERCISES SHOWN, RESTING FOR 1 MINUTE BETWEEN ROUNDS. IF JUMPING ISN'T YOUR THING, NO WORRIES—JUST STEP SIDE-TO-SIDE FOR THE JUMPING AND SIDE JACKS. LET'S MELT THAT WINTER CHILL!



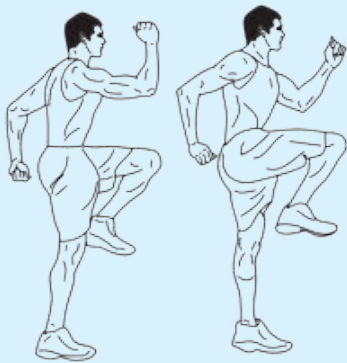
10 side jacks



30 jumping jacks



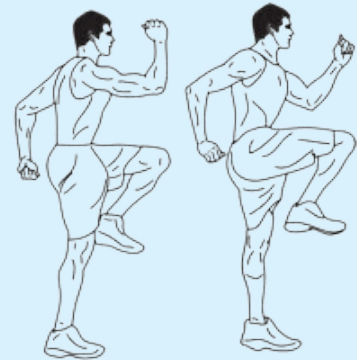
10 side jacks



10 march steps



30 high knees



10 march steps

