



# FITMAS CHALLENGE

#HAGSfitmas #MovementsIsMedicine #TGO



**Week 1**  
Walk or run  
5 miles in 1 day

Who is santa's favourite singer?  
**Elfis-Presley**  
30

**50 x star jumps**  
(Throughout the day or in one go)  
Challenge friends to beat your time!  
Optional challenge 1



Why are Christmas trees bad at sewing?  
**They always drop their needles**  
3



150 minutes of exercise a week is recommended by WHO  
Did you know? 5

Which athlete is warmest at Christmas?  
**A long jumper!**  
6

**Week 2**  
Walk or run  
15 miles over the course of the week

Why is it so cold at Christmas?  
**It's in Decem-brrrr**  
7



**30 x press-ups**  
(Throughout the day or in one go)  
Challenge friends to beat your time!  
Optional challenge 9



1 mince pie = 289 calories. You can burn it off in 30-50mins of exercise  
Did you know? 11

**50 x sit-ups**  
(Throughout the day or in one go)  
Challenge friends to beat your time!  
Optional challenge 12



**Week 3**  
Walk or run  
2 miles 4 times this week

Outdodor exercise is great for mental wellbeing & stress relief  
Did you know? 14

**Hold a plank for 90 seconds**  
Challenge friends to beat your time!  
Optional challenge 15



What falls but never hurts itself?  
**Snow**  
17

**30 x burpees**  
(Throughout the day or in one go)  
Challenge friends to beat your time!  
Optional challenge 18



**Week 4**  
Walk or run  
3 miles in 1 day

**30 x squats**  
(Throughout the day or in one go)  
Challenge friends to beat your time!  
Optional challenge 21



What did the stamp say to the Christmas card?  
**Stick with me and we'll go places**  
23



What's a reindeer's favourite singer?  
**Beyonsleigh**  
26

Lifting weights is not required to build strength, you can just use your body weight.  
Did you know? 27



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