

0h Fitness Tree

UFV EMPLOYEE FITNESS CHALLENGE

STRIVE TO THRIVE



once complete



OH FITNESS TREE HOLIDAY CHALLENGE: STAY ACTIVE

DECEMBER 8-19, 2025

DAY ONE-Dec 8

Get outside and run or walk two kilometres. Do it on your own or use this as an opportunity to inspire someone to move with you. Maybe you can recruit a family member, a neighbor, a coworker or even a dog to go with you.

DAY TWO-Dec 9

Perform 25 squats and 25 pushups. Do them all at once or break them up throughout the day. Maybe do 3 sets of 5 reps of each exercise. If you cannot do pushups on the ground try incline pushups against a sturdy tabletop, bench or countertop.

DAY THREE-Dec 10

Perform a one-minute elbow plank and 30 seconds of a side plank on each side. Break it up into sets of 15 second planks or 10 second planks if you need.

DAY FOUR-Dec 11

Lunges

15 lunges on each leg and then 15 side lunges on each leg (total of 60 lunges).

DAY FIVE-Dec 12

Mountain Climbers

30 mountain climbers and 30 pushups. Break them up into sets (try 2 sets of 15) or complete them all at once.

DAY SIX-Dec 13

Start the timer on your watch and briskly walk or run for 30 minutes. See how far you can go in this time. Race a friend or just enjoy the time outdoors. Your call.

DAY SEVEN -Dec 14

One minute wall sit (break it up as needed), 1 minute high knees. Get that heart-rate up!

DAY EIGHT-Dec 15

Perform a one-minute elbow plank and one minute side plank on each side. Break it up into sets of 15 second planks or 10 second planks as needed.

DAY NINE-Dec 16

Perform 30 squats and 30 pushups. It's five more reps than last time. We are progressing.

DAY TEN-Dec 17

20 lunges on each leg and 20 side lunges on each leg (total of 80 lunges). Break up as necessary.

DAY ELEVEN-Dec 18

40 mountain climbers and 40 pushups, break them up as needed.

DAY TWELVE-Dec 19

Go for a walk or run for 45 minutes. See how far you can go in this time. Inspire someone to join you.

The most important thing to consider when completing any challenge is how it will change your life once the challenge is complete. If you do these exercises for 12 days then go back to sitting on the couch for a Bridgerton marathon (guilty as charged!) then you didn't get much out of it. However, if you use these 12 days to build the habit of exercise that will serve you for the rest of the year and into 2025 then the challenge was a success. Don't just move for 12 days, train your brain into the habit of daily movement.

Keep it going. Five minutes or 50 minutes, move every day.

**Send me your completed tree by December 20
for a chance to win a wonderful prize for the holidays!**