Lynne's Winter Fitness Challenge

Make 10 snow angels	Go for a walk with a friend	Stargaze & deep breathe for 5 minutes	Dance for 15 minutes inside or outside	Catch snowflakes on your tongue
Shovel your sidewalk	Have a snowball fight	Go for a 45 minute walk	Do an exercise video of your choice	Try a winter sport (snowshoe, skate, ski)
Build a snowman	Do 10 of each: pushups, squats, jumping jacks		Shovel your neighbor's sidewalk	Have a winter picnic
Go for a 30 minute walk	Pull someone on a sled	Sit outside for 15 minutes on a sunny day	Go for a nightime walk	Go tobogganing or tubing
Try a winter sport (snowshoe, skate, ski)	Google "Home workout videos" and try one	Go for a 20 minute walk	Try an introductory fitness class (something new)	Take 10 deep breaths outside

If you can't do one of the activities suggested, substitute with a 20 minute walk outside or on your treadmill. Or use your workout with Lynne (Essentrics class or private session).