12 DAYS OF FITMAS

DECEMBER 7–18, 2026

MOVE MORE. FEEL BETTER. FINISH STRONG.

12 DAYS • 12 ACTIVITIES • ONE HEALTHIER HOLIDAY SEASON

MON | DEC 7 — 5 MIN

DAY 1 • START STRONG

10 squats or sit/stand from chair
10 wall push-ups or from the ground
20 marching steps or 20 sec high knees

TUE | DEC 8 — 10 MIN

DAY 2 • GET MOVING

Take a 10-minute walk or run/jog for 1 mile

WED | DEC 9 — 5–8 MIN

DAY 3 • CORE & STABILITY

10 standing knee raises per side or 10 bicycle crunches each side
20-sec plank or wall plank
10 bird dogs

THU | DEC 10 — 5 MIN

DAY 4 • STRETCH IT OUT

5 minutes of gentle full-body stretching

FRI | DEC 11 — 8–10 MIN

DAY 5 • STRENGTH DAY

10 squats or sit/stand from chair
10 reverse lunges or step-backs
10 wall push-ups or from the ground
10 calf raises

SAT | DEC 12 — 5–7 MIN

DAY 6 • CARDIO BURST

3 rounds:
30-sec marching • 30-sec step-touches
30-sec rest

SUN | DEC 13 — 10 MIN

DAY 7 • RECOVERY & RECHARGE

10 minutes of mobility and light stretching

MON | DEC 14 — 3–5 MIN

DAY 8 • BALANCE CHALLENGE

Stand on one leg for 20 sec/side (use support as needed)
Repeat twice each side

TUE | DEC 15 — 5–8 MIN

DAY 9 • UPPER BODY

10 wall push-ups or from the ground
10 arm circles each direction(2x)
10 standing Y raises (2x)

WED | DEC 16 — ALL DAY

DAY 10 • STEP IT UP

Take the stairs when appropriate or add 1,000 steps to your usual daily total

THU | DEC 17 — 8–12 MIN

DAY 11 • FULL-BODY CIRCUIT

2 rounds:
10 squats or sit/stand from chair
10 wall push-ups
10 alternating step-backs
20 marching steps or 20 sec high knees

FRI | DEC 18 — 5–15 MIN

DAY 12 • FINISH STRONG!

Repeat your favorite activity from the past 11 days.
Celebrate your consistency!

HOW TO PARTICIPATE

Complete one movement challenge each day and check off/fill in your star • Most activities take 5–15 minutes • No gym membership or special equipment needed
Modify movements to your fitness level and do on their own or in addition to what you do normally • Complete at least 10 of 12 days to qualify for the completion prize drawing! Turn in at MCRD Fitness Center by 12/21/26 for eligibility to enter! Open to all MCCS Patrons

Name:_____ Phone:_____ Email:_____