

# Ohio State University Extension

## The “Twelve Months of Fitness” (cue the holiday music):



### On the first month of fitness, I gave this gift to me:

A toned, trimmer, stronger body-yy.

**Fitness Idea:** Take a walk over your lunch or break time to burn calories and get energized.



### On the second month of fitness, I gave this gift to me:

Two stronger lungs,  
And a toned, trimmer stronger bod-yy.

**Fitness Idea:** Do you get many phone calls at work? If so, every time you make or take a phone call stand UP. Standing up helps burn extra calories and can refresh you as you take a break from sitting. Do what you can to move more!



### On the third month of fitness, I gave this gift to me:

Three inches lost  
Two stronger lungs,  
And a toned, trimmer, stronger bod-yy.

**Fitness Idea:** Try investing in an adult hula hoop! They are larger and heavier than the old “kid” version, and are a great way to whittle and tone your waist while watching TV.



### On the fourth month of fitness, I gave this gift to me:

Four leaner limbs,  
Three inches lost,  
Two stronger lungs,  
And a toned, trimmer, stronger bod-yy.

**Fitness Idea:** Flexibility is paramount. Try kneeling on the floor in a tight, tucked position. Then slide your arms out in front of you and raise up on your arms. This position is called the “cobra” in yoga poses and is a great way to stretch your lower back and spine.



## On the fifth month of fitness, I gave this gift to me:

*Five min-ute breaks!*

Four leaner limbs,

Three inches lost,

Two stronger lungs,

And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Stand up every five minutes out of an hour (at a minimum). Set a timer if you need to remind yourself.**



## On the sixth month of fitness, I gave this gift to me:

Six tighter abs,

*Five min-ute breaks!*

Four leaner limbs,

Three inches lost,

Two stronger lungs,

And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Your abdominal muscles are a girdle for your lower back. Strengthen them by doing “opposite arm and leg raises.” Get down on all fours. Lift your left leg up and back and your right arm up and out. Reverse. Try to do at least one set of ten to start.**



## On the seventh month of fitness, I gave this gift to me:

Seven hours sleeping

Six tighter abs,

*Five min-ute breaks!*

Four leaner limbs,

Three inches lost,

Two stronger lungs,

And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Being physically active in the evening, especially out-of-doors, promotes better sleep. However, try not to exercise too strenuously right before you go to bed!**



## On the eighth month of fitness, I gave this gift to me:

Eight cups of water,

Seven hours sleeping

Six tighter abs,

*Five min-ute breaks!*

Four leaner limbs,

Three inches lost,

Two stronger lungs,

And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Are you a tea drinker? Hot beverages hit the spot in the winter, but iced tea is refreshing as well. Why choose tea? Green and black teas have 10 times as many antioxidants as fruits and vegetables!**



## **On the ninth month of fitness, I gave this gift to me:**

Nine fruits and veggies,  
Eight cups of water,  
Seven hours sleeping,  
Six tighter abs,  
*Five min-ute breaks!*  
Four leaner limbs,  
Three inches lost,  
Two stronger lungs,  
And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Make a New Year's resolution to eat at least one more fruit and/or veggie each and every day. Want a change from the same old, same old? Winter selections include lots of interesting citrus fruits.**



## **On the tenth month of fitness, I gave this gift to me:**

Ten thousand steps,  
Nine fruits and veggies,  
Eight cups of water,  
Seven hours sleeping,  
Six tighter abs,  
*Five min-ute breaks!*  
Four leaner limbs,  
Three inches lost,  
Two stronger lungs,  
And a toned, trimmer, stronger bod-yy.

**Fitness Idea: A new technology tracker for monitoring your steps makes a great gift idea. You only have to be competitive with yourself!**

# 11

## On the eleventh month of fitness, I gave this gift to me:

Eleven pounds lighter,  
Ten thousand steps,  
Nine fruits and veggies,  
Eight cups of water,  
Seven hours sleeping,  
Six tighter abs,  
*Five min-ute breaks!*  
Four leaner limbs,  
Three inches lost,  
Two stronger lungs,  
And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Watch portion size to aid in weight loss. It only takes 2-3 days for your stomach to adjust to smaller amounts of food. Use the Japanese mantra “hara hachi bu” (eat until you are 80% full) at every meal.**



## On the twelfth month of fitness, I gave this gift to me:

Twelve months fitter,  
Eleven pounds lighter,  
Ten thousand steps,  
Nine fruits and veggies,  
Eight cups of water,  
Seven hours sleeping,  
Six tighter abs,  
*Five min-ute breaks!*  
Four leaner limbs,  
Three inches lost,  
Two stronger lungs,  
And a toned, trimmer, stronger bod-yy.

**Fitness Idea: Winter is a great time to “play” outdoors. Go sledding, ice skating, or for a walk in the snow. Bundle up and let your inner child break free! Invest in a pair of flexible cleats to attach to the bottom of your boots to give you good traction.**



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