December Holiday Hustle Fitness Challenge
Stay active through the busy holiday season by focusing on consistency rather than perfection. Complete the daily challenge or aim for 20–25 active days during December.

Weekly Themes
Week 1: Build the Habit
Focus on creating a daily movement routine.

Week 2: Strength & Stamina
Mix strength training with cardio to maintain momentum.

Week 3: Holiday Balance
Prioritize movement, hydration, and recovery during celebrations.

Week 4: Finish Strong
Celebrate your progress and end the year feeling accomplished.

31-Day Challenge

1. 20-minute walk
2. Full-body strength workout (20–30 minutes)
3. Stretch or yoga for 15 minutes
4. Climb 10 flights of stairs or hills
5. 30 squats + 20 push-ups
6. 30-minute cardio workout
7. Recovery walk and mobility
8. 45-second plank × 3
9. 10,000-step goal
10. Lower-body strength workout
11. Dance for 20 minutes to your favorite holiday music
12. Drink at least 64 oz of water
13. Upper-body strength workout
14. Rest and stretch
15. 30-minute brisk walk
16. Core workout (15–20 minutes)
17. Holiday HIIT (20 minutes)
18. Balance exercises and flexibility
19. Walk after every meal today
20. Full-body circuit workout
21. Outdoor activity (walk, hike, or bike)
22. 12,000-step goal

23. Bodyweight challenge: 50 squats, 25 lunges, 20 push-ups
24. 20-minute "Holiday Hustle" workout
25. Family walk or active holiday tradition
26. Burn Off the Cookies: 30 minutes of cardio
27. Strength workout of your choice
28. Stretch and foam roll for 20 minutes
29. 45-minute walk or hike
30. Favorite workout (30 minutes)
31. Year-End Finale: 31 squats, 31 lunges, 31 mountain climbers, 31-second plank, and a 31-minute walk