

# November Thankfulness Exercise Challenge

Become thankful and fit this November! Choose one red word each day that you are thankful for on that particular day. Complete the associated exercise, being mindful of your word. Aim to complete a coverall for the month of November.

B	I	N	G	O
<b>Family</b> 20 squats	<b>Gift</b> 30 sec high knees	<b>Sunshine</b> 20 Jump Squats	<b>Challenge</b> 20 burpees	<b>Coworker</b> 1 min plank
<b>Happiness</b> 15 min of jump rope	<b>Routine</b> 30 sec fast feet	<b>Health</b> 30 jumping jacks	<b>Excitement</b> 5 sprints	<b>Words</b> 30 sec butt kicks
<b>Simplicity</b> 1 min of child's pose Yoga Stretch	<b>Nature</b> 30 minute walk	<b>CHOICE</b> Choose what you want to do to better your fitness today!	<b>Laughter</b> 5 Rounds of Cat/Cow Yoga Stretch	<b>Sharing</b> 20 Alternating Curtsy Lunges
<b>Opportunity</b> 30 sec small arm circles each direction	<b>Evening</b> 3-5 minutes of Corpse Yoga Pose	<b>Weakness</b> 20 pushups	<b>Friendship</b> Group Fitness or Community workout	<b>Alone time</b> 3-5 minutes of meditation
<b>Food</b> 30 bicycle crunches	<b>Comfort</b> 1 min wall sit	<b>Experience</b> Try a new-to-you workout	<b>Beauty</b> 20 Alternating Lunges	<b>Morning</b> 30 Mountain Climbers