
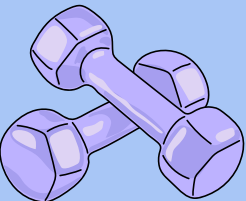


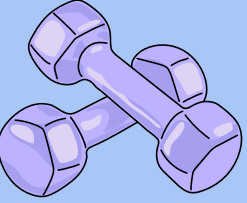



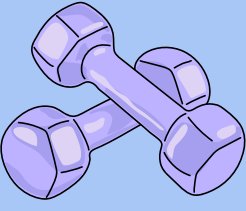


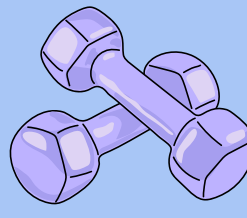



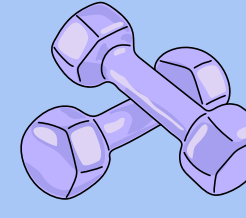


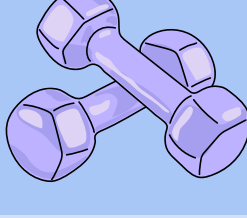



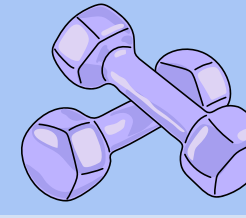

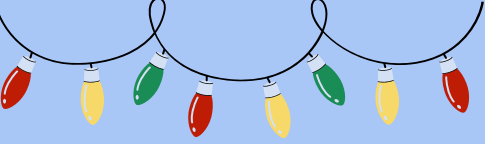


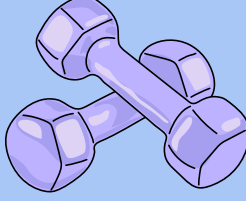


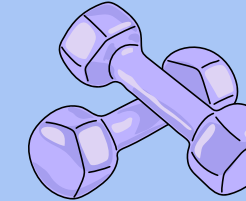



DECEMBER 2023

| SUN | MON | TUE | WED | THU | FRI | SAT | NOTES |
|---|---|---|---|---|---|---|--|
| | | | | 31  | 1  | 2  | |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  | |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  | |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  | |



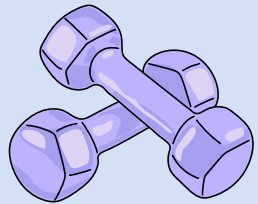
KEY FOR DECEMBER 2023



YOGA



**WEEKLY GOAL SETTING, MEAL
PLANNING, AND GROCERY
SHOPPING**



**RESISTANCE
TRAINING**



WALK OR HIKE



**MOVE YOUR BODY
OUTSIDE -
FEEL FREE TO DO
INDOORS IF NEEDED!**



**INTERVAL TRAINING OR CARDIO
TRAINING OF YOUR CHOICE**



yoga options

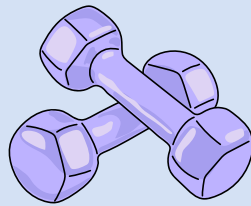

YOGA WITH ADRIENE:
HIPS & LOW BACK RELIEF
APPX 23 MINUTES

**IF YOU HAVE ANY FAVORITE
YOGA OR MOBILITY WORKOUTS,
FEEL FREE TO DO
THOSE TOO! THESE ARE JUST SOME OF
MY FAVORITES!**

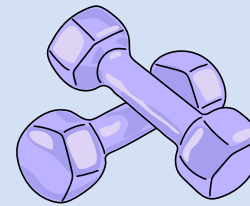
YOGA WITH ADRIENE:
TOTAL BODY DEEP STRETCH
APPX 45 MINUTES

YOGA WITH ADRIENE:
UPPER BACK LOVE
APPX 23 MINUTES

YOGA WITH ADRIENE:
40 MIN FULL BODY
HOME WORKOUT



RESISTANCE TRAINING OPTIONS





**FOR YOUR RESISTANCE TRAINING WORKOUTS -
YOU CAN CLICK BELOW FOR THE SEPARATE DOCUMENT THAT HAS ALL OF YOUR
EXERCISES FOR 3 SEPARATE WORKOUTS**


RESISTANCE TRAINING WORKOUTS HERE!

**THIS DOCUMENT INCLUDES WARM UPS, EXERCISES, AND COOLDOWN STRETCHES
THERE IS A LOWER BODY WORKOUT, AN UPPER BODY + CORE WORKOUT, AND A FULL BODY WORKOUT.
NONE OF THESE WORKOUTS REQUIRE ANY EQUIPMENT**





GETTING OUTSIDE IDEAS



There are so many fun ideas you can try out for moving your body outside or even outside of your home - to change things up!

Here are my favorite holiday movement ideas outside of the house:

- 
- **Pick out my Christmas tree with my family! This requires some hiking and strength too!**
 - **Go for a walk with a yummy cup of hot coffee or cocoa with a loved one, or even on my own while listening to holiday music**
 - **Pick a class - cycling, yoga, pilates, crossfit - with a fun holiday theme. Maybe I even wear some fun colors or a costume if others will, too!**
 - **Play in the snow!! Just have fun - moving your body is a CELEBRATION of what you CAN DO! ❤️**




WEEKLY GOAL SETTING. MEAL PLANNING. AND GROCERY SHOPPING



This is the time to really set yourself up for success!
Take one day each week to plan your meals, buy your groceries, and set up your goals! Maybe this is the day you make those plans on what workouts and yoga sessions you'll do when! Also, you can make plans for those outside adventures with the people you are close to 🌲

**NEED HELP WITH ORGANIZING YOUR GROCERIES OR GOALS?
[CLICK HERE FOR A 3 PAGE BONUS!](#)**





The background is a light blue gradient. At the top, there are two strings of colorful Christmas lights (red, yellow, blue, green) with white starburst accents. On the left and right sides, there are large, intricate blue snowflake graphics. In the center, there are two small, stylized figures of people walking, one on the left and one on the right, both wearing purple jackets and blue pants.

WALK OR HIKE!

PICK A PLACE YOU LOVE!
OR PICK A BRAND NEW PLACE AND EXPLORE WITH A FRIEND,
A FAMILY MEMBER, A PET,
OR EVEN YOURSELF! JUST MAKE SURE TO BE SAFE, AND BUNDLE UP BECAUSE

BABY IT'S COLD, OUTSIIIIIDE!!! 🎵

**I WOULD RECOMMEND ANYWHERE FROM 20-60 MINUTES OF BRISK BUT COMFORTABLE
WALKING**




HIGH INTENSITY INTERVAL TRAINING

**FOR YOUR RESISTANCE TRAINING WORKOUTS -
YOU CAN CLICK BELOW FOR THE SEPARATE DOCUMENT THAT HAS ALL OF YOUR
EXERCISES FOR 4 SEPARATE HIIT WORKOUTS**

HIIT (HIGH INTENSITY INTERVAL TRAINING) WORKOUTS HERE!





THANK you! + BONUS!

**THANK YOU SO MUCH FOR PARTICIPATING IN THIS ADVENT CALENDAR, AS WELL
AS THIS MOVEMENT CHALLENGE!**



**I BELIEVE IN YOU 100%!!!
IN FACT I BELIVE IN YOU SO, SO MUCH -
I AM OFFERING YOU A SPECIAL DISCOUNT ON ANY 1:1 COACHING SERVICE WITH ME,
@MERMAIDFITNESSBYARIEL ON IG - ALSO KNOW AS COACH ARIEL IN *REAL LIFE!***



TO CELEBRATE THE HOLIDAY SPIRIT, YOU'LL GET 25% OFF YOUR FIRST MONTH!!!

**JUST TAKE A PHOTO OF YOU PARTICIPATING IN ANY OF THE MOVEMENT CHALLENGE ACTIVITIES AND SEND IT TO @MERMAIDFITNESSBYARIEL ON
INSTAGRAM - OR EMAIL TO ARIEL.FLICKER@GMAIL.COM - SUBJECT "MOVEMENT CHALLENGE".**

DISCOUNT GOOD UNTIL 1/6/2023!

**TO LEARN MORE ABOUT MY SERVICES, CHECK OUT MY INSTAGRAM PAGE - EMAIL ME DIRECTLY AT THE EMAIL ABOVE - OR GO RIGHT TO MY STORE TO
GET WORKING ON YOUR GOALS ASAP! CLICK HERE FOR MY STORE**