

December 2025

Oh, What Fun! Winter Word Search Fitness Challenge



Center for Health & Fitness

A Beach Cities Health District Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 JOY	2 HOLIDAY	3 SNOW	4 JINGLE	5 TREE	6 GATHER
7 LIGHTS	8 CHIMNEY	9 CANDY CANE	10 MERRY	11 FAMILY	12 FROSTY	13 SNOWFLAKE
14 BELLS	15 HANUKKAH	16 SNOWMAN	17 SLED	18 CANDLE	19 FRIENDS	20 GINGERBREAD
21 WINTER	22 GIFT	23 ICE SKATING	24 FESTIVE	25 CHRISTMAS	26 COLD	27 CHESTNUT
28 SKIING	29 HOT CHOCOLATE	30 STAR	31 NEW YEAR			

Spell out your workout this month.

- A - 10 crunches
- B - 10 dead bugs
- C - 5 push ups
- D - 5 squats
- E - 30 second wall sit
- F - 10 arm circles
- G - 5 mountain climbers
- H - 5 burpees
- I - 30 second plank
- J - 5 lateral raises
- K - 5 lunges (each leg)
- L - 10 crunches
- M - 10 high knees
- N - 10 tricep chair dips
- O - 10 bicep curls
- P - 10 lateral raises
- Q - 5 burpees
- R - 5 push ups
- S - 30 second wall sit
- T - 10 front arm raises
- U - 30 second plank
- V - 15 mountain climbers
- W - 15 arm circles
- X - 15 jumping jacks
- Y - 10 crunches
- Z - 10 squats

Visit www.beachcitiesgym.com/challenge for more information on these exercises.