



iGnite the Holidays  
Health & FITmas



## Instructions:

### Step 1:

Print your iGnite Health & FITmas calendar.

### Step 2:

Record all exercise.

20 Minutes of Exercise = 1 pt

### Step 3:

Record all self-care.

Self-Care Activities = 1 pt

### Step 4:

Calculate the total number of points you accumulate each week.

**Exercise Goal:** 6 pts/week, 24 pts for the mo

**Self-Care Goal:** 2 pts/week, 8 pts for the mo

**Combined Goal:** 8-10 pts/wk, 32-40 for the mo

### Step 5:

Enjoy feeling and being your best, most magical self, throughout the holidays!

## iGnite Exercise Suggestions:

Neissa's Simple 7 Workout

Walk/Jog/Running

Cycling

Swimming

Stair-Climbing

Yoga / Stretching

Pilates

Strength Training

Dancing

Gardening

Cleaning

Fill in the blank...

My favorite form of exercise is \_\_\_\_\_.

## iGnite Self-Care Suggestions:

Massage | Manicure | Pedicure | Facial

Sleep 7-9 hours

Drink 1/2 your body weight in oz of water

Epsom salt bath or hot tub soak

Chill out & watch a movie

Take a nap

Read a book for 30+ minutes

Pray, meditate, or simply sit in quiet for 10+ min

Fill in the blank...

I feel rejuvenated when I \_\_\_\_\_.