

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your



12 Days of Christmas Break

The holidays can be a busy, stressful time. This year, set aside some time to spend together as a family being active during the Christmas break. Here are 12 suggestions of activities that can be done together as a family, and even some that will be a blessing to others!

- * Day One: As a family, make some homemade Christmas cards and take them to shut-ins and nursing homes. Many of these people don't get a chance to go out and see others. The hugs and smiles of a child will bring much joy to them this Christmas season.
- * Day Two: Go caroling in your neighborhood. Get a group of friends and family together and walk the neighborhood singing carols and reenacting the Christmas story.
- * Day Three: Go for a bike ride together on a pretty day. Bundle up, pack a healthy snack, some hot cocoa, and enjoy spending the day being active.
- * Day Four: Do some baking together or put together some fruit baskets and deliver them to others.
- * Day Five: Build an obstacle course in the house and simply have fun playing together. This is a great way to still be active on a cold or rainy day.
- * Day Six: Go visit a local museum. Many museums have free admission for the whole family.
- * Day Seven: Go on a family scavenger hunt. Get together with another family and plan a fun evening looking for items related to the Christmas season.
- * Day Eight: Go to the local farmer's market and buy fresh, healthy food. Then, cook and eat a meal together as a family.
- * Day Nine: Do some "spring" cleaning during the winter!
- * Day Ten: In the evening, take a walk around a couple of neighborhoods and enjoy the beautifully decorated houses.
- * Day Eleven: Find churches in your area that are putting on either live Nativities or Christmas cantatas and take the family for a fun night of celebration.
- * Day Twelve: Volunteer to serve at a local soup kitchen or food shelter. Teach your children the importance of showing Christ's love to others by learning to serve.

Merry Christmas!
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2014-2015 Fitness Coordinator

