



## ★★ ZOOM'S CHRISTMAS BOOST ACTIVITIES ★★

**Cut out each activity and use them to create your 5 Minute Mini Boost sessions**

You could put them in Santa's hat and pick out one at a time or you could pick 5 and do 30 seconds of each and then repeat once more making the activities more challenging, faster, bigger movements, slower etc.

Visit [www.dailyboost.org/challenges](http://www.dailyboost.org/challenges) to view videos tutorials of how to do each move

Delivered by



1  
**Rocket  
Blasts**



2  
**Ice Skidding**



3  
**Snow Boot  
Pull Ups**



4  
**Star Point  
Jumps**



5  
**Slalom  
Skiing**



6  
**Tinsel Tug**



7  
**Rocket Gliders**



8  
**Snow Scoop  
Shuffle**



9  
**Penguin Waddle**



10  
**Reindeer Gallop**



11  
**Angel Wing  
Jumps**



12  
**Snowball  
Throws**

