

SANTA AND RUDOLPH'S MORNING WORKOUT

Let's get ready to face the day and try Santa's morning exercises.



Run in place and sing
Rudolph the Red
Nose Reindeer



Pretend to cross country ski.



Pretend to lift
weights over head.

Air box for a
count of 20.



Pretend to jump
rope while
you sing
Jingle Bells.



Balance on one foot and
say "Happy Holidays".