



December Workout

D Dance like a snowflake, spinning through the air,

E Explore like an elf, sneaking here and there.

C Climb a snowy mountain, step by step so slow,

E Energize with reindeer jumps—ready, set, go!

M March like toy soldiers, standing tall and proud,

B Build a snowman, stretch and reach for a cloud.

E Everyone ski downhill, slide from side to side,

R Run like Santa's sleigh, on a magical ride!