



# Santa's guide to... an elfy workout



Elves need to stay fit and 'elfy' to help Santa deliver all your Christmas presents.

## Try this elfy workout in your local forest



Run like a reindeer

Do 'step ups' on a tree stump

Scamper like a squirrel

Jump over a log

Juggle with pine cones

Do 10 star jumps

Squeeze some trees

Jump forward with both feet together, then beat your distance with the next try.

Weave in and out of the trees



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