



# FITNESS

Seasonal Special



## The FIT

### Festive Fun & Games

This week's Festive FitNut we will play some winter games including 'freeze', 'musical icebergs' Pin the Nose on Rudolph', 'Santa says' and an Xmas stocking relay race.

Lots of festive fun and a few festive treats too.

# NUTRITION

**THE NUT:** Happy Holiday Cocktail: Orange Cranberries and sparkling water

**Carol Cranberry:** To help your body cleanse, we are your friends

**O.J. Orange:** Juice me for Vitamin C, I will boost your immunity

The fizzy water will add a bit holiday sparkle - yummy.

