



A Little History

2022 marks the 10th running of *The 12 Days of Christmas Challenge* – twelve wonderful workouts or challenges over twelve wonderful days – it is *the most wonderful time of the year* after all!

The Challenge has survived a lot. There have been format changes (almost every year), location changes (3 of them), pandemics (only one of those), and here we are, all ready to do it again.

Each year I've tried to change things up and keep the workouts and challenges interesting (that's my challenge), except for the one – the greatly anticipated, highly dreaded *12 Days of Christmas Workout*. This year will be no different.

The whole purpose of any challenge is to experience something different. Something a little more difficult than normal. Something you've never done before. Something that we/ you need to do more of. Something that gets us out of a normal routine and maybe adds a bit of *zhuzh* to it – a little mix-up and shake around.

The Challenge

For this year's *Challenge*, from December 21st – January 1st, 2023, I'll be sending a daily e-mail (before 5:30 AST) with some light, festive reading and that day's challenge(s).

The challenges this year, unlike some previous years, won't be full workouts. This year they are intended to supplement your usual daily activity over this period – a little something extra. The challenge is to complete each challenge, each day... for all twelve days – no exceptions, no excuses!

Are you up for it?

If you know you have the moxie, register at www.functionalfitness.ca/12doc.html

fa la la la la!