



It's the Holidays!

Get outside and get fit!



Don't think work...think exercise!

Get buff...get shoveling:

- It works your biceps, latissimus, deltoids, & lower back.



Sculpting...by scraping:

- Chisel the ice away and you will chisel your triceps.



Trudging through the snow burns bonus calories:

- You burn TWICE as many calories when you take a walk in the snow.

