

Embrace the winter spirit with our Winter Warrior Workout Challenge. This month's challenge is about building strength and resilience. Complete each exercise for 30 seconds, rest for 15 seconds, and repeat for 3 rounds.

- 1. Snowflake Squats**
- 2. Ice Skater Lunges**
- 3. Frosty Plank Hold**
- 4. Sleigh Ride Sliders (or mountain climbers)**
- 5. Snow Angel Sit-ups**

Stay warm, stay active and let the Winter Warrior within you shine bright!

Festive Quinoa Salad

1 cup quinoa, cooked
1 cup pomegranate seeds
1/2 cup chopped cucumber
1/2 cup cherry tomatoes, halved
1/4 cup feta cheese, crumbled
2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and pepper to taste
Fresh mint leaves for garnish

Instructions:

- 1. In a large bowl, combine cooked quinoa, pomegranate seeds, cucumber, cherry tomatoes, and feta cheese.**
- 2. In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper.**
- 3. Drizzle the dressing over the salad and toss to combine.**
- 4. Garnish with fresh mint leaves.**

Serve and enjoy this festive, nutrient-packed quinoa salad!