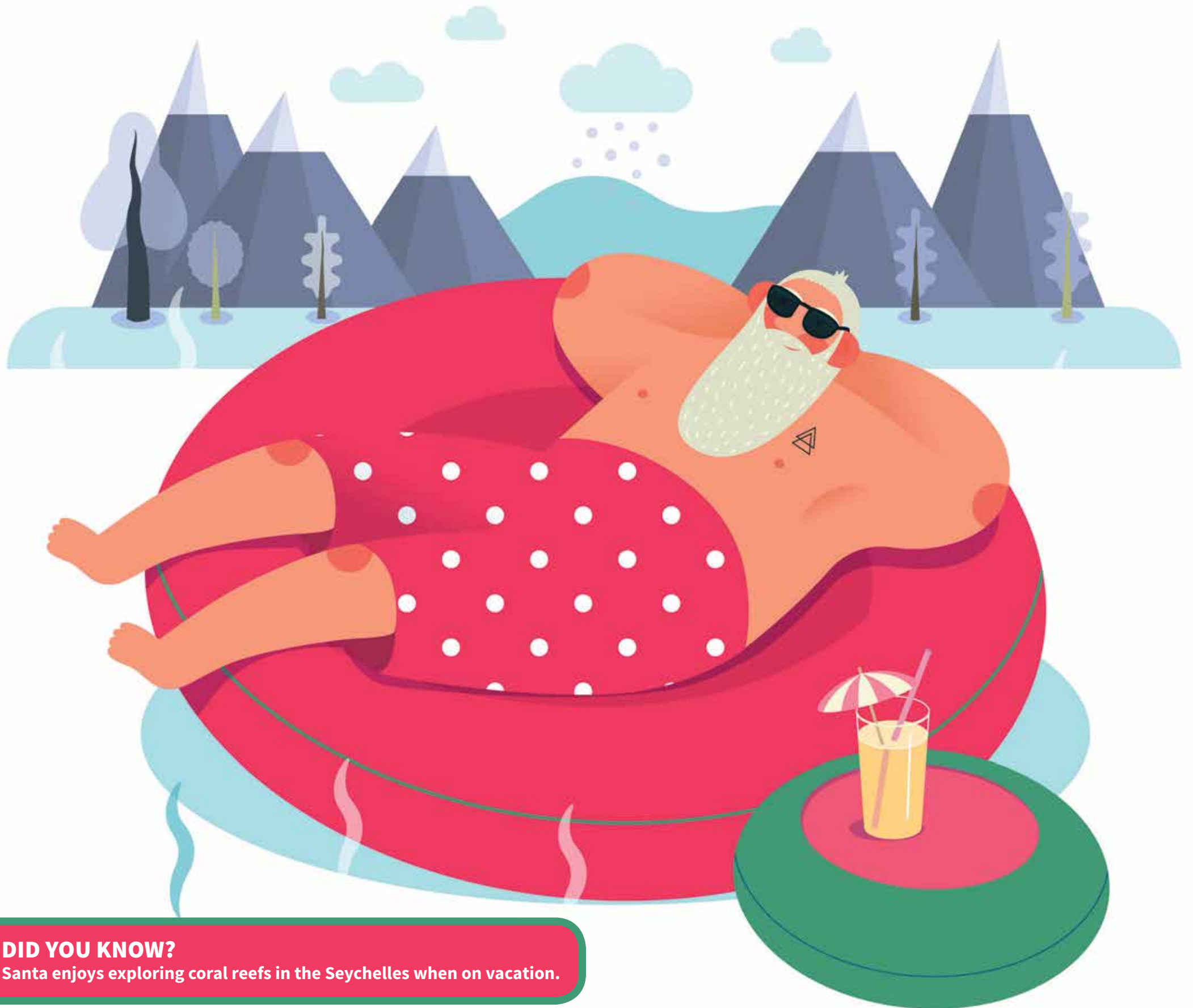




How
Santa
Stays Fit

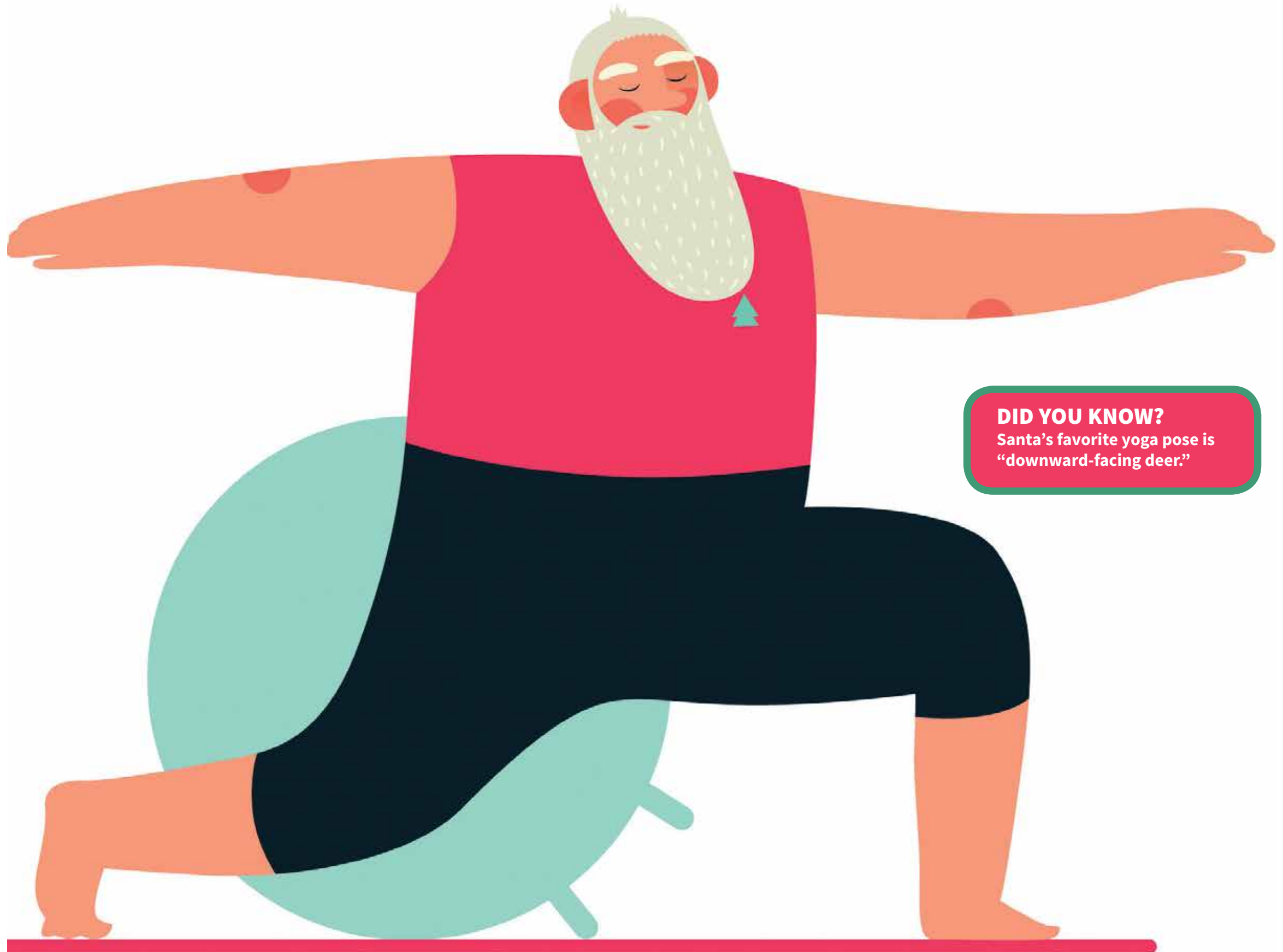
A Children's Storybook

After a year of resting up, Santa knows he can't deliver toys all around the world without getting in shape. That's why, just like any top performer, he makes a plan to stay healthy.



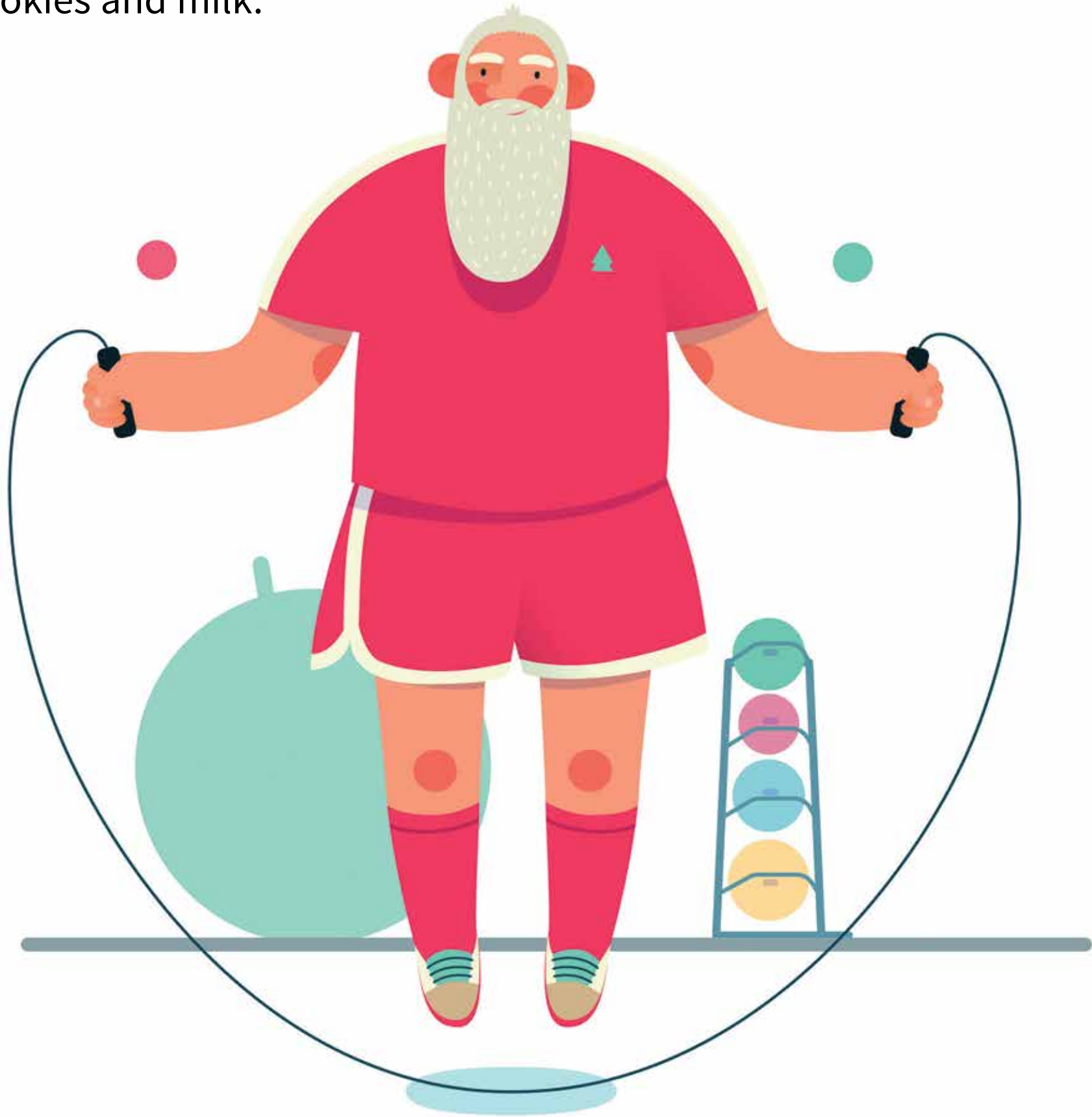
DID YOU KNOW?
Santa enjoys exploring coral reefs in the Seychelles when on vacation.

First, Santa loosens up with some yoga. Focusing on his flexibility and balance helps him climb down chimneys with ease.



DID YOU KNOW?
Santa's favorite yoga pose is
"downward-facing deer."

Next, Santa gets his heart pumping with some fast-paced jump rope exercises. He wants to burn plenty of calories before his “cheat night” of cookies and milk.



DID YOU KNOW?

After cookies, Santa’s favorite foods are quinoa and asparagus.

Hitting the pool is a refreshing way for Santa to build strength and endurance for his long Christmas Eve trip. He uses an indoor heated pool during breaks from supervising elves, making room for workouts in his busy executive schedule.



DID YOU KNOW?

The North Pole installed an Olympic-size natatorium in a bid to host the 1952 Summer Games. It lost the bid to its bitter rival, Helsinki.



Santa trains for the Candy Cane 5K every December. Even though he never wins, the chance to run with friends keeps him motivated and inspired.

DID YOU KNOW?

Santa set a personal best time of 58 minutes at last year's 5K.

Team sports are not just good for you, but lots of fun, too. That's why Santa loves playing ice hockey with the elves after work every Thursday night.



DID YOU KNOW?

Santa was in attendance when the USA beat Russia in the “Miracle on Ice” in 1980.

Finally, nothing gets Santa ready for hoisting packages like lifting weights. His regular strength training is the final step in preparing his body for the grueling demands of Christmas Eve.



DID YOU KNOW?

Santa was an early investor in the Christmas-themed gymnasium chain, Silver & Gold's Gym. It was bought out by a competitor in the late 1990s.