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| **On Thanksgiving I filled my plate with . . .** | **So today I will fill my plate with . . .** |
| Turkey | High knees across the room & back |
| Stuffing | 20 pushups |
| Mashed Potatoes | Wall Sit – 2 times, 30 seconds each |
| Green Bean Casserole | 15 diamond pushups |
| Rolls/Biscuits/Bread | Jump squats – 2 sets of 10 |
| Butter | Lunges across the room & back |
| Gravy | Side lunges – 15 on each side |
| Sweet Potato Casserole/Candied Yams | 15 squats – 2 sets |
| Corn | Jumping Jacks – 2 sets of 20 |
| Salad | Super Man – 3 times, hold 10 sec each |
| Deviled Eggs | Sit Ups – 2 sets of 15 |
| Carrot Soufflé |  20 Ice skaters |
| Macaroni and Cheese | Burpees – 2 sets of 10 |
| Potato Salad | Butt kicks across the room & back |
| Greens | Cobra & Child’s Pose – 15 sec each |
| Ham | 20 arm circles forward, 20 backwards |
| Fried Chicken | Mountain Climbers – 2 sets of 15 |
| Cranberry Sauce | Front kicks across the room & back |
| Pie | Walk the Plank (plank the agility ladder 2x) |
| Ice cream | Plank – 2 @ 30 sec each |
| Brussel Sprouts | Calf stretch & Butterfly – 15 sec each |
| Cake | Plank dips – 2 sets of 10 |
| Squash | 20 hip raises |
| Cheese & Crackers | Side plank – 30 sec on each side |
| Shrimp | Clam shells – 15 on each side |
| Cabbage | 3 laps around the room |
| Other Food Not Mentioned Here | Exercise Of Your Choice! |

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