



**How the Grinch Stole Christmas:** Jump every time someone says "Who."

**Elf:** Start and stop jumping jacks every time the word "elf" is used.

**Home Alone:** Get up or sit down every time someone gets hit or falls down.

**A Charlie Brown Christmas:** Do 10 pushups using the arm of the couch every time Snoopy appears.

**Christmas Vacation:** Do five side leg lifts on each side any time cousin Eddie speaks.

**White Christmas:** Do side steps or just dance along every time there's a musical number.

**A Christmas Story:** Do five push ups during the following scenes: Pink bunny rabbit costume, the leg lamp from France, the tongue stuck to the pole AND any time you hear "you'll shoot your eye out!"

**All Holiday Movies:** Do 10 squats every time someone appears on screen wearing a Santa hat!