



CAF FITNESS

Dear CAF members and PSP Staff,

The season of giving is upon us and to get everyone in the mood for all the holiday festivities, we at CAF Fitness would like to take the opportunity to share the gift of fitness with you this coming

Thursday, December 15th, 2022 at 1200 EDT.

Coach Saul will host a festive holiday workout over Zoom and we invite you to join him live! The workout will be a full body workout that will be geared towards surviving the Holidays, which will include a: warm-up, mobility, muscle activation and strength/conditioning. It may include some equipment but bodyweight options will be available as well as movement modifications to accommodate for injuries/range of motion.



**Join CAF Fitness here: Zoom Workout
Holly Jolly Holiday Workout!**

Dec 15, 2022 12:00 PM EDT

<https://cfmws.zoom.us/j/87246392751>

Meeting ID: 872 4639 2751



Optional: Come dressed in your favority festive workout attire!

It is our hope to have people join us from across the country and Canadians across the globe so please share this information with your colleagues and families and let's have a holly jolly time! For any questions, get in touch with us at:

CAFFITNESS_FACENFORME@CFMWS.COM

In good spirits and good health...

The CAF Fitness team

