

CREATING  
**NEW HOLIDAY TRADITIONS**  
WITH ACTIVITY  
AND MOVEMENT

**Bone and Joint Health for the Holidays**  
**Week 2**

# MOVE MORE, SIT LESS

Many holiday traditions have become more and more sedentary

Excess sitting can cause increased blood pressure, high blood sugar, unhealthy cholesterol, more

Over 80% of Americans do not get enough movement

Can lead to increased risk of chronic diseases

Watching a movie with your family or sitting by the fireplace is ok!

**Movement** is essential to living healthier and happier lives

## IDEAS TO HELP YOU GET MOVING!

- Forage for décor. **Reach, bend, and squat** to pick up sticks, flowers, and other materials in nature. Use what you find to make a wreath or centerpiece.
- **Walk** to get groceries, or park at the far end of the parking lot! Take extra laps around the store before you checkout.
- Plan a walking challenge. Get your family and friends into a friendly **competition** to see who can get the most steps!
- Do a **Turkey Trot** around your neighborhood with family and friends.
- **Stretch** while you wrap gifts or **dance** to your favorite holiday music!



# MAKING NEW TRADITIONS

Many of our winter traditions are centered on feeling cozy and warm. But remember...movement helps us feel warm, too! Here are some ways to get moving while you enjoy your traditions!

## Watching the Steelers on Sunday.

- Do 10 sit-ups or push-ups every time your team gets a first down! Challenge your family to join!

## Taking a Thanksgiving nap.

- Volunteer at a church or shelter that serves holiday meals.

## Baking Christmas cookies.

- Ditch the mixer – stir your recipes by hand!

## Enjoying hot cocoa by the fire.

- Take a thermos of hot cocoa on a walk at the park!

## Driving around to enjoy Christmas lights.

- Walk around to see light displays!

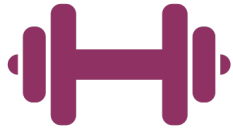
WHAT ARE  
YOUR WINTER  
TRADITIONS?

HOW CAN  
YOU ENJOY  
THEM WITH  
MOVEMENT?

**My traditions...**

**How I can make them better with movement...**

# ACHIEVE YOUR GOALS!



## Plan Ahead

Write down when you will exercise – plan it along with your other daily to-dos

Plan simple workouts that don't require much space or equipment

Plan how you are going to increase movement through daily tasks

If you're away from home, find nearby gyms and ask if they allow guests or sell day passes



## Get Prepared

Bring a 10min workout plan with you (<https://www.verywellfit.com/10-minute-body-weight-circuit-workout-1231502>)

Wear your running or walking shoes

Ask family or friends have fitness equipment you can use



## Use Every Opportunity

If you're watching tv try sit-ups or pushups

Offer to help with housework...shoveling snow, raking leaves

Walk as much as possible

Prepare for cooler and/or rainy weather

Circle the ideas that sound great to you!

# START A HOLIDAY MOVEMENT CHALLENGE

**Invite your friends and family to join you in a challenge to move more!  
Have fun! Get festive and competitive!**

**Winter step challenge:** Who can get the most steps in one day? In a week? In a month?

- Here is a 15-minute indoor walking workout to get started: <https://youtu.be/LYJ3U0Fs4dg>

**Chair Challenge:** Can you do one chair workout every day for a week? For a month?

- Try this 2-minute workout: <https://youtu.be/XcNM15RxcBM>
- Or this one for core strength: <https://youtu.be/XVgfa5geDuY>

**21-Day Yoga Challenge:** Nurture yourself for 3 weeks with yoga and mindful meditation

- Start with chair yoga: <https://youtu.be/e6QHRS7DR3k>
- By the end of your challenge, try floor yoga: [https://youtu.be/o5o3\\_TG-3bc](https://youtu.be/o5o3_TG-3bc)

## HOLIDAY WORKOUTS TO TRY

### The Snow Shovel Shuffle

- Jog or walk in place for 30 seconds, do 10 jumping jacks, and then rest for 30 seconds (try 5 – 10 times)

### Turkey Day Belly Buster

- Do 10 pushups (from knees), 10 sit-ups, and 20 arm curls holding water bottles or soup cans (try 2 – 3 times)



Workout Planner

DAY	EXERCISE	GOAL
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Track Your Progress

Find more free examples at:

<https://www.canva.com/planners/templates/workout/>

# WEEKLY PLANNER

NAME: \_\_\_\_\_

WEEK: \_\_\_\_\_

TASKS	S	M	T	W	T	F	S
WAKE UP AT __AM							
HEALTHY BREAKFAST							
NO SUGAR							
DRINK WATER							
NO ALCOHOL							
LISTEN TO MUSIC							
READ FOR 15MIN A DAY							
WORKOUT FOR 45MIN A DAY							
5000 - 8000 STEPS							
CLEANING HOUSE							
SELF CARE							
TELL SOMEONE I LOVE THEM							
CHECK EMAILS							
PLAN OUT A GOAL							
NO EATING AFTER 9PM							
GO TO BED BEFORE __PM							

# HEALTH PLANNER

Date ..... Week .....

Breakfast	Lunch	Dinner

## To-Do-List


Fitness	Summary

# MOTIVATED TO MOVE



These are the ways I'm going to move **today and tomorrow:**

These are the ways I'm going to move more **this week:**

These are the ways I'm going to move more **this season:**

**This is what I'm looking forward to THE MOST this year:**