

## Getting the home ready for Christmas

- It takes a lot of movement and effort to get ready for Christmas
- Put up decorations together. That's lots of lifting and stretching
- Getting the house tidy. Give everyone their own chores to do
- Share preparing the food or the table for Christmas
- Make sure everyone helps clear away and wash up
- Remember, all this activity has health benefits for everyone

## Shopping before Christmas and after

- Don't use the car unless you need to. Even taking a bus means you have to walk a little more
- Avoid lifts and escalators (or walk up the escalator if you cannot use the stairs)
- Always park furthest away from the entrance to the store or shopping centre
- Shopping online? Stand each time you place an order (or make a return!)

## Making contact with friends & family

- You may not be able to visit friends and family, so make connecting with them active
- Make Christmas calls to friends and family standing up
- Make all online calls standing up
- Remember those on the other end should stand up too!
- Stand to write cards and wrap presents
- Walk to post cards and presents

## Make time for walks

- After the big Christmas meal, it is tempting to sit (or fall asleep) on the sofa in front of the TV.
- This is not good for digestion or glucose absorption (which can lead to diabetes).
- Stand up every 20 minutes and walk around the room or garden. Encourage everyone to join you
- Take a family walk, It's a great time to have a chat and get some fresh air
- Try to commit to at least a walk each day over Christmas (even if it is only around the garden)

## Watching TV can be active too

- Stand up when a programme begins
- Stand up to applaud at the end
- Stand up when the ads come on
- Stand up when a particular actor comes on
- Stand up to watch any sport (or a break in play)
- Stand up to listen to the weather forecast
- Stand up if a game contestant gets a question wrong or if you wish to call out the answer
- Stand at 3pm on Christmas Day for the national anthem (and for the Queen's speech)
- Stand and sing songs or carols together
- Pick a word that you have to stand when it is said (e.g. Christmas). The person who selects the word that appears most (and so gets you to stand the most) is the winner.
- If you are reading instead, stand up when you finish a book chapter or magazine article, complete a quiz or crossword

## Playing games

- Christmas is a time when get out the games. You can add standing too.
- When playing cards, stand up for aces
- Using dice, stand up for rolling a 6 (or a double in dominoes)
- When playing scrabble, stand up when you play a q, x or z
- Playing stand snap when you have to be the first to stand as well as say it
- Stand when you go up a ladder in snakes and ladders
- When taking an opponent in draughts or putting an opponent in check
- Stand when buying a property in Monopoly, or taking a Chance or Community Chest card. See if you can make any board game more active!

# Keeping a Little Active at Christmas

It has been a difficult year so Christmas will be a time to celebrate with friends and family. It is also a time when we sit more, eat more and move less. Yet just a little regular movement can be great a Christmas present for your health!