

# December's Holiday Challenge

Stay active and fit throughout the holiday. Each day, choose one of the activities below. Participate in the activity for at least 30 minutes. Each day, write down your chosen activity on your calendar! You may use each activity more than once.

## 1. Go for a family walk.

### Brain & Body Boost:

- Make it a nature walk, collect items you find and create a unique piece of art.
- Carry two small bags and pick up trash – use the second bag as a glove.

## 2. Practice Yoga.

### Brain & Body Boost

- Do any yoga poses you know and make your own names for each pose.
- Challenge yourself to try new poses you haven't tried before.

## 3. Rake your leaves or shovel snow.

### Brain & Body Boost

- Don't have any? Help a neighbor.

## 4. Practice a sport.

### Brain & Body Boost:

- If the sport involves a ball, use your non-dominant hand or foot.

## 5. Take advantage of our parks and go for a walk.

### Brain & Body Boost:

- Take a friend and learn 3 new things about them.
- Pay attention to the sounds and smells around you.

## 6. Participate in a holiday Fun Run/Walk or 5K.

### Brain & Body Boost:

- While you run, think about the people you are benefitting.

## 7. Set up a scavenger hunt for your family and friends.

### Brain & Body Boost:

- Draw a map of your neighborhood, make copies and have the players mark where they found the items.

## 8. Read for 30 minutes.

### Brain & Body Boost:

- Read aloud to someone.

## 9. Dance for 30 minutes.

### Brain and Body Boost:

- Dance like no one is watching!
- Create a dance for the whole family!

## 10. Freebie – choose an activity from a previous challenge.

