Active Advent Challenge!

Somerset Activity & Sports Partnership

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Go for a walk/wheel in your local park or nature reserve	2 Stretch & flex Wednesday! Online Yoga	3 10x star jumps	4 Do a wall squat for 30 seconds	5 Step ups using stairs (x10)	6 Walk, Run, Cycle or Swim for at least 30 minutes
7 Ditch the car (if you can!) and walk to work/school	8 Balance on one leg for as long as you can then swap to the other	9 Stretch & flex Wednesday! Online Pilates	10 Have a dance party!	11 Step ups using stairs (x20)	12 Make some festive decorations with the kids!	13 Chill out day! Enjoy some time in the fresh air
14 Walk, Run, Cycle or Swim for at least 45 minutes	15 Learn to Juggle 3 balls!	16 Repeat your favourite Yoga or Pilates workout	17 Ditch the car (if you can!) and walk to work/school	18 Step ups using stairs (x25)	19 Head out to try some nature photography	20 Play your favourite board game
21 20x star jumps	22 Have a dance party! Get some festive tunes playing!	23 Repeat your favourite Yoga or Pilates workout	24 Play a game of hot potato	25 Chill out day!	26 Nature walk! Take your family/friends for some fresh air	27 Take a walk to look at your local festive lights!
28 Do a wall squat for 1 minute	29 Go for a walk/wheel in an open space! Can you see any snow?	30 With a balloon or light ball, play "keepy uppy"	31 Party time! Make sure you are dancing by midnight!			

How many can you complete of the 31 days? Mix things up to suit you!

Use our hashtag to share your photos: **#ActiveAdventChallenge**

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Videos, Tips & Tricks

Stretch and Flex Wednesdays: Yoga & pilates



Online Yoga (Approx. 20 mins)
Recommendation: 'Let It Go Yoga Flow - Yoga With Adriene'

Stretch & flex Wednesday! Online Pilates (20 minutes)
Recommendation: 'Core & Ab Pilates Home Workout | 20min REAL TIME workout'

Step ups on stairs

The following videos cover a range of exercises you can do in your own home to improve strength and balance.



Wall Squats



Position your feet approx. 2ft (60cm) from a wall

Slide your back down the until the thighs are parallel to the ground

Hold position (up to 2 minutes if possible

Wear sturdy & comfortable shoes (socks can be slippy!)

Dancing

This Girl Can have Teamed up with Disney to show you some of the ways mums and kids get moving to the songs they love.

You can learn their moves or put your own spin on their routine but whatever you do, however you do it, at the end of the day it's about breaking a sweat while enjoying a fun time together.



Walking

SOMERSET HEALTH WALKS #MOVEMORE



Juggling

Learn to Juggle 3 balls!
Google "3-Ball Juggling Tricks With Niels Duinker" for a tutorial (other tutorials are available!)



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