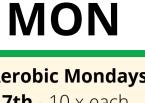


SASP has created a physical activity challenge for each day in December. Print out the calendar and mark each day once you have completed the activity. Can you complete all 31 days?

You can swap days around to suit your circumstances if needed.

# lumps Jumping Squats 21st - Aerobic Mondays As first week, but x 10. Repeat 28th - Aerobic Mondays



### TUE

1st - With

a balloon or

beach ball, play

"keepy uppy".

8th - Play a game

of seated Volley-

ball with a

balloon /beach

ball.

**15th -** Use

a tennis ball or

similar, make 45

rebound catches

from a wall.

#### **WED**

2nd - Stretch &

Flex Wed. Online

Yoga, 20 mins

with Adriene.

9th - Stretch &

Flex Wed. Online

Yoga, 25 mins at

lunch with Adriene.

## **THUR**

3rd - Take a shoe

off & balance it on

your foot. Flick it

into a waste paper

bin/bucket.

**10th -** Use

tennis balls or

anything similar

to play carpet

bowls.

**17th -** Play an

improvised skittle

game. Use tennis

balls & drinks

bottles or similar.

24th - Play a family

game of Boule with

sprouts (the more

you lose the less

### FRI

#### SAT

#### SUN

6th - Chill out

day! Decorate

the Tree.

#### **Aerobic Mondays**

**7th** - 10 x each 1.Half lacks or Star

- 2. Knee raises or run on spot , high knees
- 3. Rear lunges static
- 4. Step ups on stair or run ups on stairs 5. Hamstring Curls or
- Eric and Ernies 6. Chair Squats or

**14th -** Aerobic Mondays As last week but x 15

Twice

As first week, but

x 15. Repeat

Twice

22nd - Walk, Run, Cycle or Swim at least 40 mins (split into 2 sessions if needed).

> 29th - Walk, Run, Cycle or Swim at least 40 mins (split into 2 sessions if needed).

**16th -** Stretch & Flex Wed. Online Pilates, 20 mins Core & Abs Pilates Home Workout.

23rd - Stretch & Flex Wed. Online Pilates, 15 mins Thighs & Cardio at home Pilates.

30th - Repeat your favourite Yoga or Pilates workout.

you have to eat). 31st - Party Time! Make sure you are dancing by midnight!

4th - Walk, Run, Cycle or Swim at least 25 mins (split into 2 sessions if needed).

11th - Walk, Run, Cycle or Swim at least 30 mins (split into 2 sessions if needed).

18th - Walk, Run, Cycle or Swim at least 35 mins (split into 2 sessions if needed).

25th - Eat, **Drink & Be** Merry! ....

5th - Hula hoop! Learn new tricks using hands, feet, neck & waist.

12th - Learn to

Juggle 3 balls!

Google "3-Ball

Niels Duinker".

**13th -** Chill out day. Check you have sufficient food & uggling Tricks With drink. Walk to the

shop for extra.

19th - Learn 20th - Chill out a novelty Dance day. Plan the Move (Moonwalk, route for the walk robot dance, water you will take on sprinkler etc. Boxing day.

**26th -** Country-**27th - Chill** out day. Complete side walk! Take the washing up! the whole family Recycle wrapping for some fresh paper. air.

If it snows you may swap any day for snowman building, snowball fighting or sledging!!

Make up your own rules on activities and have competitions with your yourself, colleagues & family members to try and beat your scores. Have several attempts at activities too!

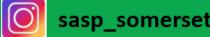






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**SASP - Somerset Activity & Sports Partnership**