



DECEMBER ADVENT ACTIVITY CHALLENGE

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.

MON	TUE	WED	THUR	FRI	SAT	SUN
Aerobic Mondays 7th - 10 x each 1. Half Jacks or Star Jumps 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 Ernie's 6. Chair Squats or Jumping Squats	1st - With a balloon or beach ball, play "keepy uppy".	2nd - Stretch & Flex Wed. Online Yoga, 20 mins with Adriene.	3rd - Take a shoe off & balance it on your foot. Flick it into a waste paper bin/ bucket.	4th - Walk, Run, Cycle or Swim at least 25 mins (split into 2 sessions if needed).	5th - Hula hoop! Learn new tricks using hands, feet, neck & waist.	6th - Chill out day! Decorate the Tree. 
14th - Aerobic Mondays As last week but x 15	8th - Play a game of seated Volleyball with a balloon /beach ball.	9th - Stretch & Flex Wed. Online Yoga, 25 mins at lunch with Adriene.	10th - Use tennis balls or anything similar to play carpet bowls.	11th - Walk, Run, Cycle or Swim at least 30 mins (split into 2 sessions if needed).	12th - Learn to Juggle 3 balls! Google "3-Ball Juggling Tricks With Niels Duinker".	13th - Chill out day. Check you have sufficient food & drink. Walk to the shop for extra.
21st - Aerobic Mondays As first week, but x 10. Repeat Twice	15th - Use a tennis ball or similar, make 45 rebound catches from a wall.	16th - Stretch & Flex Wed. Online Pilates, 20 mins Core & Abs Pilates Home Workout.	17th - Play an improvised skittle game. Use tennis balls & drinks bottles or similar.	18th - Walk, Run, Cycle or Swim at least 35 mins (split into 2 sessions if needed).	19th - Learn a novelty Dance Move (Moonwalk, robot dance, water sprinkler etc.	20th - Chill out day. Plan the route for the walk you will take on Boxing day.
28th - Aerobic Mondays As first week, but x 15. Repeat Twice	22nd - Walk, Run, Cycle or Swim at least 40 mins (split into 2 sessions if needed).	23rd - Stretch & Flex Wed. Online Pilates, 15 mins Thighs & Cardio at home Pilates.	24th - Play a family game of Boule with sprouts (the more you lose the less you have to eat).	25th - Eat, Drink & Be Merry! 	26th - Countryside walk! Take the whole family for some fresh air.	27th - Chill out day. Complete the washing up! Recycle wrapping paper.
31st - Party Time! Make sure you are dancing by midnight!	29th - Walk, Run, Cycle or Swim at least 40 mins (split into 2 sessions if needed).	30th - Repeat your favourite Yoga or Pilates workout.	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!



Somerset Activity & Sports Partnership - SASP



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**#BeActiveAtHome
#AdventChallenge**

