

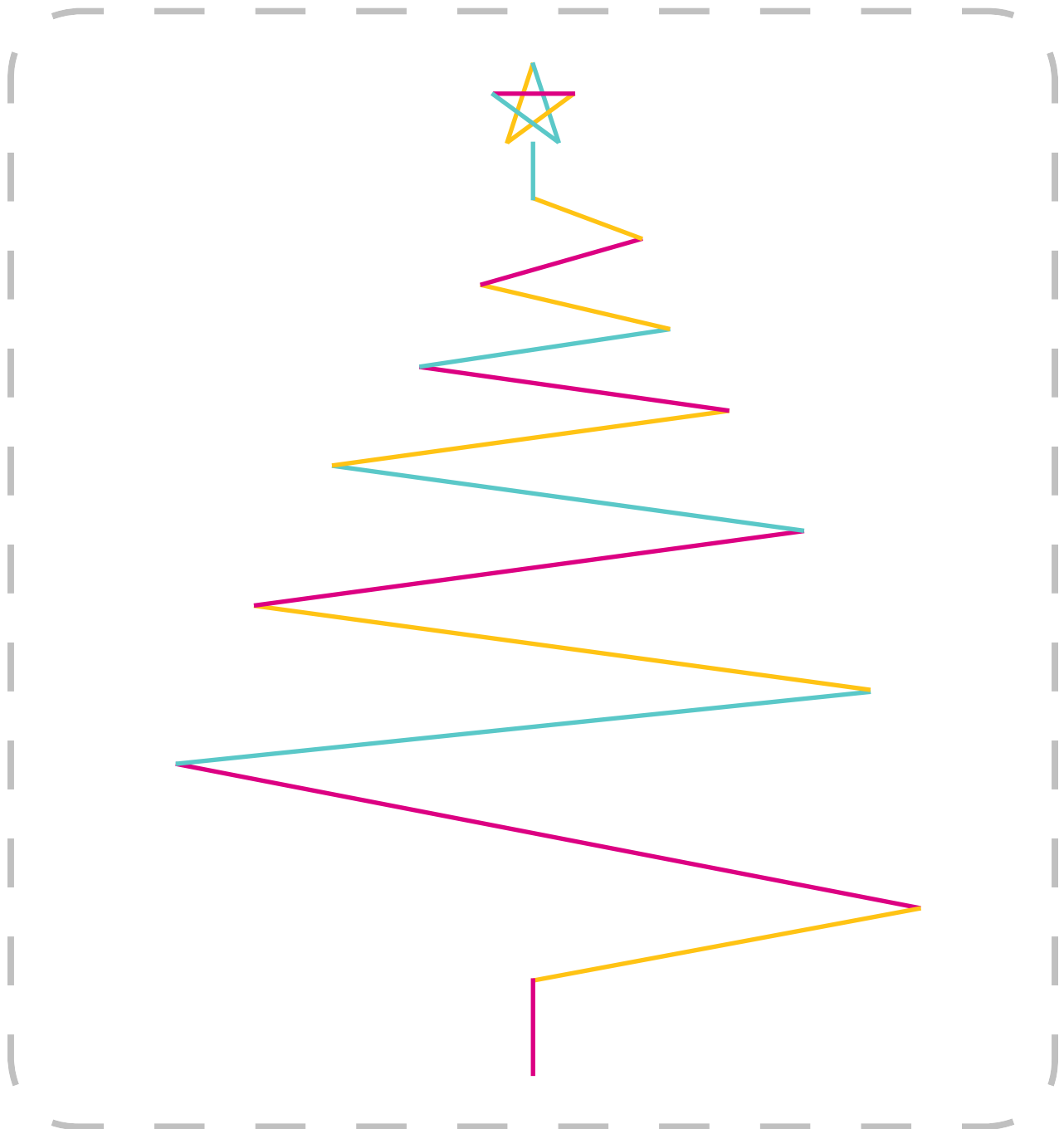


MAKING IT POSSIBLE

ACTIVENT CALENDAR

FESTIVE FITNESS

2017



CHRISTMAS CALENDAR 2017

The GM Active Christmas calendar is our gift to you this year. There are a number of ways to stay active throughout the month of December. Follow along with our guide.

1ST - DANCE

WHAT TO DO

JUMP AROUND, KICK LEGS, SHAKE WHAT YOUR MAMMA GAVE YA AND KEEP MOVING FOR A WHOLE SONG.

It's finally Christmas! Turn up your favourite Christmas tune and get into the spirit of the season!

WHY

Dance makes you happy, is a full body workout, a great cardio workout, strengthens muscles and holds off illnesses.

Find more information here:

<http://www.thisgirlcan.co.uk/activities/dance-fitness/>

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2ND - SATURDAY NIGHT PROJECT

WHAT TO DO

WYTHENSHAW FORUM'S SATURDAY NIGHT PROJECT GETS YOUNG PEOPLE MOVING ON A SATURDAY NIGHT

Saturday night and the gym is getting hot! Young people from ages 11-19 get special VIP treatment as they can use the swimming pool, fitness suite, football pitches and sports hall!

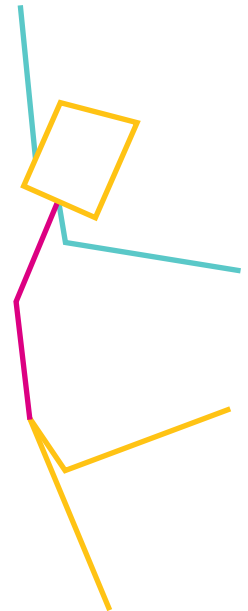
WHY

Any exercise is great. There are more young adults hanging in the streets rather than concentrating on their health and well being. This project is getting young people doing fitness activities! 61.5% of adults in Greater Manchester are overweight or obese, if we teach children and teenagers how to look after themselves and get fit this statistic will lower!

Find more information here:

<http://www.better.org.uk/leisure-centre/manchester/wythenshawe-forum/junior-activities-wythenshawe-forum>

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3RD - SIT & GET FIT

WHAT TO DO

TAKE A SEAT AND ROTATE YOUR ANKLES 5 TIMES IN BOTH DIRECTIONS.

Sit & Get fit! How easy and yet helpful in so many ways to our bodies. OCL have classes especially to help balance and mobility but why not give this simple exercise a try!

WHY

Helps joint flexibility and can be easily done in work, at home and by the elderly.

Find more information here:

<https://oclactive.co.uk/activities/sit-and-get-fit-2/>

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4TH - VIRTUAL SPIN CLASS

WHAT TO DO

VIRTUAL SPINNING CLASSES AT BURY COUNCIL.

An immersive on-screen coach delivers results. Riding to world-class instruction and chart-quality music you'll get fitter, faster and stronger—and love every minute of it.

WHY

Improves fitness, builds strength, and relieves stress.

Find more information here:

<http://www.bury.gov.uk/CHttpHandler.ashx?id=18688&p=0>

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5TH - BALLOON BALL

WHAT TO DO

BLOW UP A BALLOON AND HIT IT TO EACH OTHER!

It's as easy as that! Anyone can join and you have to reach and run to catch the balloon which counts as something active, yet you're having fun with the whole family! Check out the link to see more fun fitness activities you can do with your children!

WHY

Fun and laughter are a great way to increase your core and be happy. Hand eye coordination is a key skill set in this game!

Find more information here:

http://www.greatersport.co.uk/_media/uploads/0282191a-1e2f-4609-9220-49948e3cf0b0.pdf

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6TH - FOOTBALL

WHAT TO DO

WALKING FOOTBALL AT BOLTON MIDDLEBROOK LEISURE CENTRE.

No running allowed! This fun but slower version of the game is for over 50s only. You get your fitness and fun in one activity but it is perfect for the player that isn't as quick on their feet as they used to be.

WHY

Everyone needs their daily dose of fitness. This is easy and accessible to anyone who loves the game or just wants a catch up with friends. Every little helps and for some, this slower version is the best and the most exercise they will get that week.

Find more information here:

<http://www.boltonarena.com/football/walking-football/>

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7TH - YOGA

WHAT TO DO

STAND WITH FEET SLIGHTLY APART. BREATHE IN FOR 4 COUNTS AND STRETCH YOUR ARMS UP. BREATHE OUT FOR 4 COUNTS AND RELEASE. BREATHE IN FOR 4 COUNTS AND BEND TO THE EARTH, BREATHE OUT FOR 4 AND RELEASE BACK TO STANDING. REPEAT THIS 4 TIMES.

No matter what level you may think you are with yoga, any one can do this light breathing exercise! Touch the top of your thighs, the bottom of your legs or stretch to the floor. Try it closing your eyes! Don't think of anything, concentrate on your breathing and you will feel great for the rest of the day!

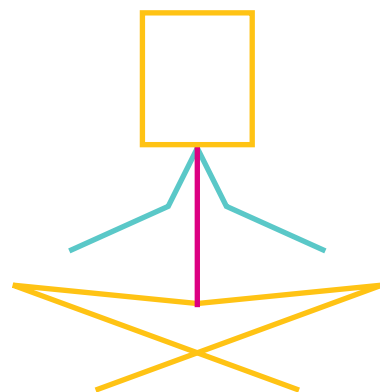
WHY

Yoga helps the brain, your core, keeping you fit and healthy and perhaps improving your whole lifestyle.

Find more information here:

<https://www.nhs.uk/Livewell/fitness/Pages/yoga.aspx>

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8TH - GOLF

WHAT TO DO

HAVE A ROUND OF GOLF!

Trafford Leisure operates one of the most popular 18 hole golf courses in the north west. Collect a group of friends or family and have a game of golf. There's nothing like a bit of healthy competition at Christmas!

WHY

Golf is good for the brain, using it to decide where the ball should be hit to make it to where you want it to go. It reduces stress with the added joy of being in the outdoors!

Find more information here:

<http://www.traffordleisure.co.uk/brands/golf/>

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9TH - PLANNING

WHAT TO DO

BREAK UP THE PRESENT SHOPPING INTO CATEGORIES. WHERE YOU WILL BUY THEM (ONLINE, CITY CENTRE, A SPECIFIC SHOP), WHO THEY ARE FOR AND SET A FEW DAYS TO COMPLETE EACH SECTION. E.G ONLINE SHOPPING WEDNESDAY NIGHT WHEN THE KIDS ARE ASLEEP.

So it's getting closer and those Christmas lists from all the children, siblings and their children, parents and even the family dog hasn't gone down! It's time to stop and plan how this season is going to go smoothly.

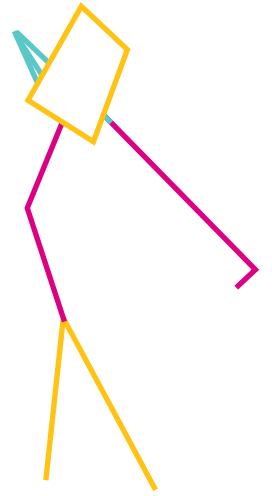
WHY

Relieve stress. Enjoy the Christmas season.

Find more information here:

<https://organisemyhouse.com/shopping-tips-christmas/> <https://www.mentalhealth.org.uk/a-to-z/c/christmas-and-mental-health>

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10TH - USE YOUR SENSES

WHAT TO DO

GET TOGETHER SOME CHRISTMASSY OBJECTS. LIKE A FLUFFY REINDEER, GINGERBREAD MAN OR A WRAPPING PAPER TUBE. FEEL, SMELL AND MAKE NOISES, SEE IF YOU CAN GUESS WHAT THEY ARE OR HOW LOUD YOU CAN SHOUT!

The senses are heightened at Christmas, all the smells of the food, the guessing of presents by how they feel or the noise they make. This is the perfect time to explore this. Salford Community Leisure holds sessions in their multi sensory room for adults, children and babies.

WHY

These activities help learning and development no matter what age or ability. Everyone will have fun and be able to explore.

Find more information here:

<http://www.salfordcommunityleisure.co.uk/lifestyles/multi-sensory-room>

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11TH - ENERGY CLUB

WHAT TO DO

ADVICE, SUPPORT AND GUIDANCE FOR A HEALTHIER LIFESTYLE..

Are you looking to improve your families' overall health and wellbeing, concerned about your child's weight or want your family to become more active? Then the Energy Club is here to give you advice, support and guide you into a healthier lifestyle.

WHY

Fun, educational and active course for the whole family to promote a healthy lifestyle.

Find more information here:

<https://link4life.org/health-wellbeing/children-young-people#children-s-health-wellbeing>

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12TH - GET FIT TOGETHER

WHAT TO DO

BOLTON COMMUNITY LEISURE RUN TEEN GYM SESSIONS.

Hang out with your mates and get fit! Your personal trainer guides and teaches teens from ages 11-15 on how to workout, about how your body works and how to keep it healthy.

WHY

The gym can concentrate on many different types of muscle groups and styles of training.

Find more information here:

<https://www.boltonleisure.com/horwich/Teen-Gym>

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13TH - CANOEING

WHAT TO DO

GO FOR SOMETHING A BIT DIFFERENT TO GET EXERCISE AND HEAD TO HOLLINGWORTH LAKE AND JUMP IN A CANOE.

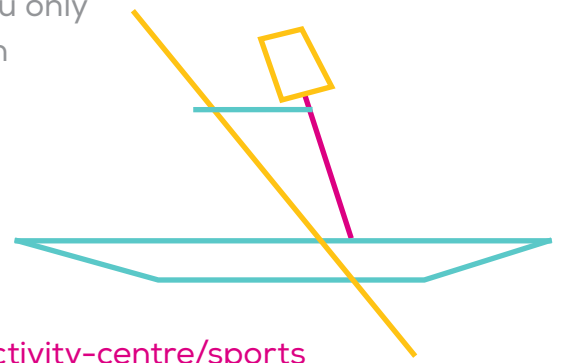
Why not take the kids, parents or your weird cousins you only see at Christmas down to Link4Life and go Canoeing on Hollingworth Lake! Its fun and strengthens your core.

WHY

Strengthen your core, cardio, set your own pace and still lose calories.

Find more information here:

<https://link4life.org/centres/hollingworth-lake-water-activity-centre/sports>



14TH - SMILE

WHAT TO DO

LIFE LEISURES' SIMPLE MOVEMENT HELPS IMPROVE LIFE EVERY DAY.

Smiling, especially at Christmas time, isn't difficult. But remember to take a moment out to relax and feel good. Life Leisure runs their SMILE classes to help mobility, balance and health for the older generation.

WHY

Smiling helps you mentally and your physical wellbeing. This movement helps the older generation feel good and keep active.

Find more information here:

<https://www.lifeleisure.net/enterprise/SportsDevEvents-Smile>

15TH - SWIM

WHAT TO DO

ACTIVE TAMESIDE SWIMFIT.

Let's feel good for the office Christmas party! Visit one of our swimming facilities; Active Tameside hold Swim Fit sessions to help achieve your fitness goals.

WHY

30 minutes of slow front crawl will burn 257 kcal. 30 minutes of breaststroke will burn 367 kcal.

Find more information here:

<http://www.activetameside.com/swim-fit/>

16TH - SQUASH

WHAT TO DO

MANCHESTER'S SQUASH COURTS ARE READY TO BE USED!

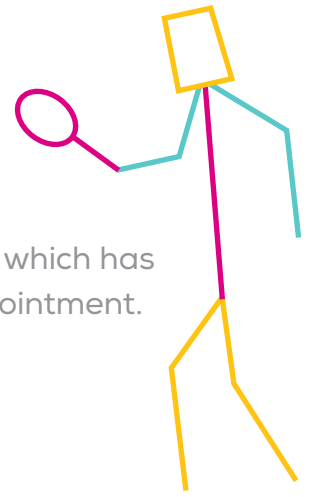
It's a bit chilly, we're expecting, so why not take you exercise indoors. Eastlands Trust operate the National Squash Centre in Manchester, which has top of the range squash courts. Make sure you book to avoid disappointment.

WHY

Squash develops agility, sharpens hand eye coordination, pinpoints concentration and ensures mental well-being.

Find more information here:

<https://mcractive.com/venue/national-squash-centre>



17TH - BE AN APPRENTICE

WHAT TO DO

INSPIRING HEALTHY LIFESTYLES PROVIDE AN APPRENTICESHIP SCHEME.

The new year is fast approaching. Why not make a new year's resolution to become part of helping people through fitness and supporting their health and wellbeing?

WHY

Improve mental health, help people, increase confidence, skills and career.

Find more information here:

<http://www.inspiringhealthylifestyles.org/wigan/services/be-an-apprentice.htm#>

18TH - REFLECT

WHAT TO DO

WRITE DOWN 5 GOOD THINGS THAT HAVE HAPPENED THIS YEAR!

It's that time of year where the family and friends you haven't seen in a long time get together and chat about the year. Write down or think of 5 good things you want to remember this year!

WHY

Reflecting the good things in life helps your mental health and how you are going to plan for next year.

Find more information here:

<https://www.elitedaily.com/life/7-ways-self-reflection-introspection-will-give-happier-life/943309>

19TH - WALK

WHAT TO DO

A LOVELY CHRISTMAS EVE WALK IN THE WOODS, AT THE PARK OR EVEN TO A PARTY.

Is it snowing? Maybe not but the Christmas spirit is in full swing! Go for a seasonal walk in the woods or around your area and spot the Christmas lights hanging from the houses and breathe in that crisp cold air!

WHY

Walking is a great and easy exercise to do with families of all ages. The fact it is Christmas and the happy holiday feeling helps your mental health and connections with your close ones.

Find more information here:

<http://www.manchestereveningnews.co.uk/whats-on/whats-on-news/winter-walks-views-greater-manchester-10479575>

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20TH - SWIM

WHAT TO DO

GLL OFFER FREE SWIMMING FOR UNDER 17s IN MANCHESTER DURING SCHOOL HOLIDAYS.

No matter what your fitness level, the general benefits of swimming are yours to go out and grab and make your own.

WHY

Fun, full body workout.

Find more information here:

<http://www.swimming.org/justswim/8-benefits-of-swimming/>

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21ST - CLIMB & PLAY

WHAT TO DO

SKY HIGH ADVENTURE

Entertain the kids over the holidays at Active Tameside's Sky High Adventure, providing a distinct range of safe, fun and accessible adventure facilities under one roof.

WHY

stimulate, challenge and ignite your sense of adventure whilst exercising.

Find more information here:

<http://www.skyhighadventure.com/>

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22ND - RELAX

WHAT TO DO

LIFE LEISURE BEAUTY & THERAPY

It's not all about physical activity; take care of your wellbeing by relaxing at Life Leisure.

WHY

Relax, recover, unwind and improve mental wellbeing.

Find more information here:

<https://www.lifeleisure.net/enterprise/beauty>

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23RD - MARATHON CHALLENGE

WHAT TO DO

GREATER MANCHESTER MARATHON

Set yourself a challenge for 2018 with the Greater Manchester Marathon!

WHY

Set yourself a target, train, improve fitness and health while achieving something truly remarkable.

Find more information here:

<http://www.greatermanchestermarathon.com/>

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24TH -

WHAT TO DO

MANCHESTER PANTOMIME

Stuck with what to do on Christmas Eve? Save the day by taking the family to see Sleeping Beauty at the Middleton Arena.

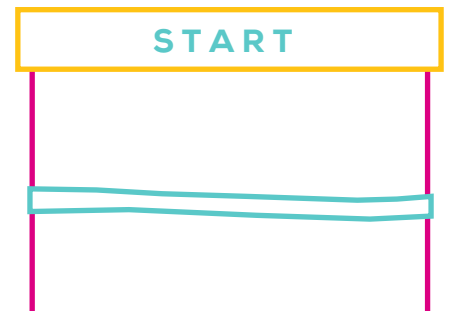
WHY

Entertain the kids, with showings during the day and in the evening you can make your pre-Christmas celebrations truly special.

Find more information here:

<https://link4life.org/events-entertainment/sleeping-beauty>

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25TH - HOME WORKOUT

WHAT TO DO

SQUAT JUMPS X 12. PLANK X 4 FOR 15 SECONDS EACH.

STEP UPS X 12. WALL SIT X 4 FOR 15 SECONDS.

Home workouts are easy and cheap! You can change them however you want and fit them into your daily routine with ease. Push yourself!

WHY

Its just like going to the gym but in the comfort of your own home!

Find more information here:

<https://fitness.mercola.com/sites/fitness/archive/2014/03/07/home-exercises.aspx>

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