

Get Set to **GO**



12 Days of Christmas physical activity challenge

Day 1

sit to stand

Sit on the edge of your chair, feet hip width apart. Stand up slowly using your legs only. Slowly sit down - aim for 5 SLOW repetitions.

Day 2

dance

put your favourite music on and dance to your favourite track!

Day 3

shake it up

shake your arms and legs out and laugh while you do it!

Day 4

march on the spot

Pop the kettle on and march on the spot until it boils

Day 5

arm raises

Sit upright. Raise both arms out and to the side and up as far as possible, bring arms back down. Breathe out as you raise arms and in as you lower them - repeat 5 times.

Day 6

walk round the block

Start off slowly and speed up to a comfortable but brisk pace breathing deeply

Day 7

step up

walk up and down your stairs for as long as you feel comfortable.

Day 8

wall press ups

Stand arms length from the wall. Place your hands flat against it at chest level with a straight back. Slowly bend your arms. Aim to close the gap between you and the wall as much as you can. Attempt three sets of five.

hip marching

sit upright and do not lean on the back of the chair. Hold on to the sides of the chair. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control. Repeat with the opposite leg. Do five lifts with each leg

Day 9

mini squats

Rest your hands on the back of the chair for stability and stand with your feet hip-width apart. Slowly bend your knees as far as is comfortable. Keep your back straight at all times. Gently come up to standing. Repeat 5 times.

Day 10

biceps curl

Hold a tin of beans and stand with your feet hip-width apart, keeping your arms by your side, slowly bend them until your hand reaches your shoulder. Slowly lower again. Attempt 3 sets of 5 curls with each arm.

Day 11

sideways bend

Stand upright with your feet hip-width apart and arms by your sides. Slide your left arm down your side as far as is comfortable. Repeat with your right arm. Hold each stretch for 2 seconds and perform 3 on each side.

Day 12



Please email jacy.kilvert@mindcharity.co.uk to let us know how you got on with the challenge! Thank you!



mind in Brighton and Hove

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