

Get Mowing...

Have a Fit Holiday



Healthy Gift Ideas

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Gift ideas to encourage your friends and family to move more:

Assorted Balls Soccer balls, basketballs, volleyballs, tennis balls

Pedometer

CD with upbeat songs

A yoga or Pilates mat along with an instructional video

An introductory session Try out ballet, karate or hire a personal trainer for a month.

Resistance bands

Dance, Dance Revolution (DDR) A dance program that encourages players to get up and dance! Is compatible with most video game programs.

Gift ideas to encourage your family and friends to eat smart:

Hot Air Popcorn Popper

A healthy cookbook or magazine subscription to Cooking Light

Rice cooker and veggie steamer

Salad Spinner

Nonstick pots and pans

Countertop grill

Blender or juicer

Healthy foods themselves

Source: [Eat Smart Move More](#)





Indoor Activities

- Walk (hold off on the shopping) in a mall.
- Use the stairs every chance you get.
- Dance to holiday (or not) tunes.
- Play “Musical Chairs.” Follow the usual rules, except when a chair is taken away, players have to sit on someone else’s lap. This way, no one loses and everyone laughs a lot.
- Play “Santa Says.” Play like “Simon Says.”
- Play “Rudolph Dash.” Cut red noses out of construction paper and attach one to each player’s nose with double stick tape. Divide players into teams. Relay race to the finish line. If the “nose” falls off, the racer must return to the starting line to put it on again.



Outdoor Activities

- Ice skate at the Holiday on Ice skating rink at The Green between Tryon and College streets.
- Walk through Uptown Charlotte to see the holiday decorations.
- Walk to Polk Park at The Square to see colorful lights flash to holiday music.
- Locate a nearby park or greenway and look for signs of winter.
- Play “Candy Cane Relay.” Set a course - around the outside of home, around the block, or somewhere in the neighborhood. Each team member must complete the course holding a candy cane which is passed to the next team member who then runs the course. The first team to get all players across the finish line without dropping (or nibbling) the candy cane wins.

