



Make Every Movement Count



Welcome to the Make Every Movement Count Advent Calendar – there are 24 activities to ‘sprinkle’ through your day

- ✓ Do the exercises slowly and carefully and take appropriate care with balance
- ✓ Each exercise can be repeated in the given day



Happy Christmas





**March on
the spot for
20 seconds**

**Carefully
do 5
squats**



**1st – 12th
December**

**Have brown
bread today
instead of
white**

**Punch
arms
forwards 5
times**

**Heel raises
when
sitting 5
times**

**Have a
portion of
fruit after
lunch**

**Try tuna as
a
sandwich
filler**

**Take 5
deep
breaths**

**Shrug
shoulders
5 times**

**Walk 500
extra steps
today**

**No fizz
today, just
have
water**

**When
sitting turn
your head
gently side
to side**





**Stand up
when
watching TV
for 5 mins**

**Carefully
do 5
squats**



**13th – 24th
December**

**March on
the spot for
30 seconds**

**Kick legs
forward 5
times when
sitting
down**

**Heel raises
when
sitting - 5
times**

**Eggs mashed
with banana
make a
yummy
pancake**

**Take 5
slow, deep
breaths**

**Have a
portion of
fruit with
breakfast**

**Stand with
feet close
together for
a count of 5**

**Walk 500
extra steps
today**

**Try sugar
free jelly
with light
yoghurt &
cinnamon**

**Lift elbows
out to side 5
times when
sitting**





*Happy Christmas from
the Make Every
Movement Count Team*



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Other general Activity Resources
are available for the Festive
Season from The Activity Hub
web pages

<https://www.smh.ie/services/activity-hub-/stay-active/>

