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November 2021

Four Simple Ways to Move More During the Holidays

The holiday season is approaching which often means a busier schedule. From planning family meals to cleaning or decorating, when our schedules pick up, it is easy to skip one thing that we all need, physical activity! Below are four ways to move more during this holiday season.



1. Dance Party

Play your favorite holiday music and share your favorite dance moves while cleaning, decorating, cooking, or putting the finishing touches on the house. Make it a dance contest and see who has the best dance moves in the house!

2. Walk Around

Walk around the neighborhood with family and friends and enjoy the different holiday

decorations. Additionally, bring together a group for a community holiday themed run or walk. Many communities offer several distances for all ages and skill levels.

3. Create Your Own Obstacle Course

Plan out a holiday obstacle course for the whole family and neighbors to enjoy. All ages can be included. This activity provides a fun opportunity to meet new neighbors and connect with old ones.

4. Flag Football

Instead of sitting and watching a football game, become part of one! Take the game outdoors by playing flag football. Assemble teams in creative ways like 'boys vs girls,' or 'kids vs adults!' Add to the competition, losing team does the dinner dishes!

Remember to include physical activity during your holiday celebrations. Whether it is badminton, horseshoes, a cornhole game, croquet, or a game you create on your own, you will be surprised how much fun it can be!

Written by Daisy Castillo, Extension Agent - Better Living for Texans
Content Source: <https://www.adventhealth.com/hospital/adventhealth-orlando/blog/tips-staying-active-during-holidays>
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What is Tai Chi?

Tai Chi focuses on internal movement, balance, harmony of movement. Intentionally internalizes focus vs relying on strength and speed with an external opponent like external martial arts (Judo, Karate, etc). Most often practiced for health purposes as a lifelong learning activity because there are no barriers to participation, no equipment needed, and progress occurs at an individual pace. In Tai Chi, arms/hands use these reference points (as well as your shoulder and over your Head) to guide their position or height during a movement.

Warmups: Joint Circles

You may sit or stand or alternate whatever is comfortable. The idea is to warm up each joint gently and to promote the production of synovial fluid. Do each one 3-5 times. For those with arthritis, these gentle joint warm ups may be very helpful in reducing pain and stiffness and can be practiced as a separate exercise on their own.

Flexibility: Hip Flexor Stretches

Inner hip flexors, cross leg at the ankle, relax hip area. If your knee is up high when you cross your ankle over your leg, you may need to put a pillow under the raised leg to help keep the stretch from being too deep. Use whatever props work for you to “prop up” that leg so you can relax the joint and let the tendons and ligaments gently stretch.

Cool Downs: Twist Body

Turn your torso gently to point your belly button 45 degrees off your centerline. Then turn to the opposite direction, again, 45 degrees off your centerline. Continue this movement from side to side slowly gaining speed. If your arms are correctly hanging loosely from your shoulders, they will start to swing as you pick up speed. Once you have gained a good speed and the arms are swinging quickly, start to slow down again until your arms stop moving on their own. If you are seated, you can now rest your back against the chair as you finish. Breathe deeply throughout this exercise.

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Recipe of the Month

Recipe and photo source: MyPlate Kitchen, <https://www.myplate.gov/myplate-kitchen>

Sweet Potato Casserole

Sweet potato casserole is rich in flavor and low in fat.

Serves: 6

Ingredients:

- 2 tablespoons 1% low fat milk
- 1½ teaspoons brown sugar
- 1 teaspoon ground cinnamon
- ¼ cup dry quick cooking oats
- 15 ounces of low sodium canned sweet potatoes, drained and chopped



Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. Evenly spread sweet potatoes in a medium-size baking pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.

Nutrients Per Serving: 94 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 30 mg sodium, 21 g carbohydrates, 3 g fiber, 5 g total sugar, 1 g added sugar, and 2 g protein

Total Cost per serving: \$\$\$

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