Get Up & Move!

Community Activity Series 3: December

December is the time for cold weather and snow. But that doesn’t mean you can’t get any outdoor exercise! In this month’s community activity, you will be able to work up a sweat while performing a service for people in your community.

During the month of December, you can offer to shovel the driveways and walkways of family, friends, and neighbors when the snowy weather begins. Be sure to wear appropriate attire for cold weather, including a hat, gloves, and boots. And remember to record these minutes on your physical activity calendar for the month!

December is often a time of giving. You can tie this in to your shoveling activity by “charging” your clients one non-perishable food item for every fifteen minutes of work you do! Find out where your local food pantry or organization that distributes food baskets is located and take everything you earn to them.

No snow yet? You can still get physical activity in while giving. Instead of shoveling, take a walk around your neighborhood and ask for food donations. You will get plenty of exercise walking and carrying those food items.