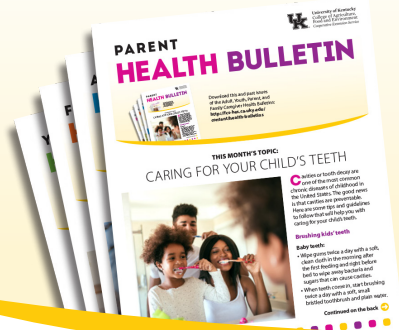


PARENT HEALTH BULLETIN



DECEMBER 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC

KEEPING KIDS ACTIVE IS GOOD FOR EVERYONE



The holidays are a busy time for families. They are filled with celebrations, travel, and time at home. Kids look forward to taking a break from school. However, long days off can also mean more time sitting, watching screens, or being less active than usual. Keeping kids physically active during the holiday break helps them stay healthy, happy, and ready to return to school feeling their best.

Regular physical activity supports children's physical health. It helps build strong bones and muscles, manage weight, and strengthen hearts. It also helps reduce stress and improve mood. This can be especially important during the excitement and changes of the holiday season. When kids move their bodies, they release energy. This can make it easier for them to focus, sleep

Continued on the next page ➔

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

**Decorating, cooking,
and cleaning together
can keep everyone
moving while building
family teamwork
and holiday spirit.**



➔ Continued from the previous page

well, and handle emotions in positive ways.

Staying active does not have to mean a strict exercise routine. Making physical activity part of holiday traditions can help kids to be healthy and create lasting family memories. Encouraging your family to stay active during the holidays can be simple and fun. Start by spending time outdoors together. Go for a family walk around the neighborhood, take a hike, or visit a local park.

If you live in a colder area, activities like sledding, ice skating, or building a snowman can be a great way for kids and adults to get exercise while enjoying the season. When the weather is not ideal, you can still find creative ways to move indoors. Turn on some music for a family dance party. Play active games like freeze dance or Simon Says. Create an indoor obstacle course or fort using pillows, blankets and chairs.

Household activities can also help kids stay active. Decorating, cooking, and cleaning together can keep everyone moving while building family teamwork and holiday spirit. You can even make chores more engaging by turning them into friendly challenges. See who can hang the most decorations or clear the driveway the fastest!

It is common for kids to spend more time on screens during school breaks, so try to balance

screen time with physical activity. Encourage short activity breaks between shows or games. Plan family outings like walking the dog, going for a bike ride, or visiting a recreation center for open gyms or indoor swimming.

The holiday season is also a great time to try something new as a family, such as yoga, martial arts, or bowling. You can include physical activity as a regular part of your holiday routine to help everyone stay energized, reduce stress, and feel their best as they head into the new year.

Encouraging kids to stay active during holiday breaks helps balance relaxation with movement. It also helps to keep routines on track and supports their overall well-being, both now and in the new year.

REFERENCE:

Emm-Collison LG, Lewis S, Reid T, Matthews J, Sebire SJ, Thompson JL, Jago R. Physical Activity during the School Holidays: Parent Perceptions and Practical Considerations. *Int J Environ Res Public Health*. 2019 May 14;16(10):1697. doi: 10.3390/ijerph16101697. PMID: 31091825; PMCID: PMC6572055.

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

Designed by: Rusty Manseau, Senior Graphic Artist

Stock images: Adobe Stock

