

YOUTH HEALTH BULLETIN



DECEMBER 2025

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THIS MONTH'S TOPIC

STAYING ACTIVE OVER HOLIDAY BREAKS

The holidays are a great time to relax, but it is also important to stay active and keep your body moving! Being active helps boost your energy, mood, and overall health, even when school is out. There are many fun ways to stay active over the holiday break without it feeling like work.

1. Go for family walks or hikes.

Get outside and explore! Walk around your neighborhood to see the holiday lights or visit a park or nature trail. To make it more fun, try a scavenger hunt—look for cool decorations, animal tracks, or winter plants along the way.

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Staying active will help you feel better, have more fun, and start the new year strong.

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2. Play active games indoors.

If the weather is bad, you can still move around inside. Play games like freeze dance, Simon Says, or balloon volleyball. You can even build an indoor obstacle course or fort with pillows, chairs, and blankets for a fun challenge.

3. Help with holiday chores.

Staying active does not always mean exercise! Decorating, cooking, cleaning, or shoveling snow can all get your body moving. Plus, when everyone helps, holiday gatherings can go more smoothly.

4. Enjoy winter sports.

When winter weather strikes, take advantage of it! Try sledding, ice skating, skiing, or building a snowman. You will have fun and get great exercise without even realizing it.

5. Dance to holiday music.

Put on your favorite songs and have a dance-off with your family or friends! Dancing is a great way to get your heart pumping while spreading holiday cheer. Make a household playlist of holiday tunes or favorite dancing songs.



6. Visit community centers or recreation programs.

Check out what is happening at your local YMCA, gym, or recreation center. Many places offer open gym times, swimming, or fun winter camps where you can stay active and meet new people.

7. Take screen breaks.

It is easy to spend hours watching movies or playing video games during holiday breaks. Try setting a goal to move after each show or game—stretch, walk around, or do a few jumping jacks to get your blood flowing.

The holidays are also a great time to try something new! Ask other family members, friends, or neighbors what they like to do to be active. Maybe you enjoy yoga, martial arts, or even bowling. Whatever you choose, staying active will help you feel better, have more fun, and start the new year strong.

REFERENCE:

<https://www.dhs.gov/employee-resources/news/2020/12/08/family-fitness-during-holidays>

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