

# Include fun and physical activities in your holiday season

## Northern News Servic

As the holiday season is upon us, we often find ourselves caught up in the hustle and bustle of finishing up our work for the end of the year, shopping, cooking, and preparing for celebrations. However, it's essential to carve out time for "being active" during this festive period. Engaging in fun physical activities not only promotes health and well-being but also strengthens family bonds and creates lasting memories.

Here are some enjoyable ways to stay active together as a family during the Christmas holidays:

Enjoy the winter weather by trying outdoor sports. Whether it's ice skating, dog sledding, taking your kick sled

out or skiing, these activities are not only exhilarating but also great for cardiovascular fitness. Many communities are connected to the beautiful Dehcho (Mackenzie) River, or offer outdoor rinks and sledding hills, making it easy to enjoy the true North and winter wonderland. Don't forget to bundle up and enjoy some hot chocolate afterward.

Did we mention snowball fights? Those are a must!

Take advantage of the crisp winter air by going for family walks or hikes. You know - that feeling when the inside of your nose starts to freeze. Explore those trails, and enjoy the serene beauty of the season that surrounds us. This is a wonderful opportunity to connect with nature, engage

in conversation, and appreciate the holiday decorations in your neighbourhood. Consider making it a tradition to walk together after holiday meals to aid digestion and enjoy each other's company.

Turn up the holiday music and have a family dance party in your living room. Dancing is a fantastic way to get moving,

boost your mood, and have fun together. Create a playlist of your favourite holiday songs and let loose. Consider taking on ballet classes online, just like the National Ballet School, which came to the Territories this year. Following their classes online can be a fun way to learn new dance moves together as a family. Challenge the northern lights

to a dance battle. Get creative and see who can come up with the best dance moves inspired by the beauty of the aurora borealis.

Of course, don't forget to dress warmly if you decide to take your dance party outside.

Plan a family sports day with different games and activities. Set up stations for soccer, basketball, or even a game of tag. You can also include holiday-themed games like a snowball toss. This encourages physical activity while promoting teamwork and fun.

And for those that like it a little bit more intense and if the weather isn't great, bring the fun indoors with fitness challenges. Set up a family workout session with activities like yoga stretching, or body-weight ex-



Challenging the aurora to a dance contest? Why not? It's one way to stay physically active during the holiday season, writes columnist Thorsten Gohl. Photo courtesy of Thorsten Gohl

ercises. You can find online workout videos designed for families. Or even better, make up your own. It can all be a game by seeing who can do the most reps or hold a plank the longest! Start with one push

up for the first day and see how far you can take it.

The holiday season is a wonderful time for families to come together and stay active. All of these activities are low-cost or even free, making them acces-

sible for everyone. By including fun physical activities in your holiday traditions, you'll create lasting memories while fostering family connections. Most importantly, you'll be having fun together.

So, put on your winter gear, get moving, and make this holiday season a fun and active one!

Thorsten Gohl is the co-ordinator for Physical Literacy NWT.



## Wishing everyone a safe and healthy holiday season

The UNW offices in Inuvik, Hay River, and Yellowknife will be closed for the holidays:  
December 23 - January 1



## Happy holidays from our Range Lake family

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