

December 2022

Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5 Minute Fitness	2 Super Snacks-Chex Mix	3 Play Outside Day
4 Recenter-Yoga	5 Monday Makeover-Meatloaf	6 Rows 3 Ways	7 Coaching Preview-Your Vision	8 5 Minute Fitness	9 Super Snacks-Cheese and Fruit	10 Winter Scavenger Hunt
11 Recenter-Yoga	12 Monday Makeover-Pasta Alfredo	13 Skaters	14 Coaching Preview-Outcomes	15 5 Minute Fitness	16 Light the Night Walk	17 Winter Obstacle Course
18 Hanukkah Begins Recenter-Yoga	19 Monday Makeover-French fries	20 Side Lunge	21 Winter Solstice Hike	22 5 Minute Fitness	23 Just Breathe	24 Christmas Eve Rockin' Around the Christmas Tree
25 Christmas Recenter-Yoga	26 Kwanzaa Monday Makeover-Chicken Nuggets	27 Jump Squat to Shoulder Press	28 Coaching Preview-Your Why	29 5 Minute Fitness	30 Super Snacks-Roll Ups	31 New Year's Eve Dance It Out!

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Activity Descriptions

5 Minute Fitness- Even 5 minutes can boost your daily activity level! Use the posted video on the Facebook page or design your own one minute circuit. Repeat 5 times for a total of 5 minutes. Challenge—do this routine 2-3 times a day!

Super Snacks- Try these easy recipes to make healthy snacks for the weekend or anytime you need a boost.

- **Chex Mix**—Using the recipe on the box, mix up your own batch of Chex Party Mix. After it is cool, divide into individual bags for a quick snack on-the-go. You can make it with or without nuts or use all Gluten Free varieties if desired.
- **Fruit and Cheese**—Cut up a block of cheese into cubes about ½' square. Pair 4-6 cheese cubes with grapes, apples, or clementines for a healthy protein and carb snack.
- **Roll-ups**—Place a slice of cheese on a slice of deli meat. Roll it up and enjoy! You can also put both the cheese and meat on a whole grain tortilla, roll it up, and cut into slices.

Recenter Yoga- Start your week off with a yoga routine to help clear your mind, improve mobility, and get you ready for the week. Try these videos on YouTube.

- Yoga for Beginners [Yoga For Complete Beginners - 20 Minute Home Yoga Workout! - YouTube](#)
- Family Yoga [FAMILY YOGA CLASS | Beginner Yoga Practice with Kids - YouTube](#)
- Kids Yoga [Fun Kids Yoga w/ Kris Blunt \(30 Minute Class\) - YouTube](#)

Monday Makeover- Try the tips below to add a little more nutrition to these classic comfort foods.

- **Meatloaf**—Substitute ground turkey for ground beef. Use whole wheat bread crumbs.
- **Pasta Alfredo**—Instead of a heavy Alfredo sauce, try a light garlic cream sauce that adds just the right amount of flavor. Use a little bit of butter combined with olive oil to sauté minced garlic. Pour in 1% milk and add grated parmesan cheese. Stir until

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cheese is melted. Add a bit of heavy cream and stir to combine. Season with salt and pepper keeping the salt light. This is best with a penne-type pasta, chicken or shrimp, and plenty of veggies such as broccoli, asparagus, and summer squash.

- **French fries**—Instead of store-bought frozen fries made in hot oil, make your own using russet or sweet potatoes. Peel potatoes and cut into fry-like strips. Spray with vegetable spray and sprinkle with your favorite seasoning. These can be baked or cooked in an air fryer for a crisper result.
- **Chicken nuggets**—Similar to the French fries, skip the frozen version and make your own using chicken breasts. Cut breasts into 1.5-2" chunks. Use a whole-grain breading instead of a batter. Dip the chicken pieces into whole wheat flour, a beaten egg mixture, and then into seasoned whole grain bread crumbs. These can be baked or air fried. You can also make them without the breading.

Strength Moves- Each week I will post a video on Facebook showing how to do each move. Do 5-10 repetitions of each move and aim for 2-3 sets per exercise. Start with the first move and add the second one the next week. By the end of the month, you will have built your own circuit of 4 strength moves!

Coaching Preview- Each week we will have a social media post about the coaching topic listed on the calendar. Your assignment for that day is to work on creating/discovering the topic of the day together as a family. Each person will have their own and you can also create a family one. This is a little preview into what wellness coaching can do for you and help you start your own self-coaching journey.

Saturdays- Our Saturdays this month have a variety of activities—most of which get you outside and moving!

- **Play Outside Day-** The first Saturday of each month is National Play Outside Day. Pick any activity you want and aim for 30 minutes of outside play time.
- **Winter Scavenger Hunt-** Check out the Scavenger Hunt sheet attached for a fun Saturday activity.
- **Winter Obstacle Course-** Use things around your house or yard to set up an obstacle course. If you have snow, you can make a trail to follow!

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- **Rockin' Around the Christmas Tree-** Or the oak tree or just your living room! Wherever you are, put on some music and have a dance party!
- **Dance It Out!-** Similar to the previous week, put on your favorite songs, get some friends, and welcome 2023 with some fun dance moves!

Three Special Days- This month we have three days that break the pattern of activities.

- **Light the Night Walk-** If you are in Central Iowa, Jester Park Nature Center is hosting a night walk on trails illuminated by luminaries. Registration is required and there is small fee. [Calendar - Jester Park Nature Center](#) You can also take a walk on your own to look at holiday lights!
- **Winter Solstice Hike-** December 21st is the Winter Solstice and the shortest daylight hours of the year. This means that it has the longest hours of darkness. Jester Park Nature Center is hosting a free hike this evening as well. [Calendar - Jester Park Nature Center](#) If you aren't in Central Iowa or can't make it out to Jester Park, get the family together for a peaceful nighttime stroll to celebrate that the days are getting longer from here!
- **Just Breathe-** Holiday celebrations are in full-swing! With them comes added stress and pressure that may likely be building a little too much. Take time today to sit quietly for at least 5 minutes and center yourself. Remember to breathe. Take this time to slow your mind and focus on what is really important for your family.

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Winter Scavenger Hunt

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| <input type="checkbox"/> Icicle | <input type="checkbox"/> Squirrel |
| <input type="checkbox"/> PineCone | <input type="checkbox"/> Evergreen Tree |
| <input type="checkbox"/> Snow | <input type="checkbox"/> Snow Shovel |
| <input type="checkbox"/> Animal Tracks | <input type="checkbox"/> Scarf |
| <input type="checkbox"/> Sled | <input type="checkbox"/> Firewood |
| <input type="checkbox"/> Snow man | <input type="checkbox"/> Nest |
| <input type="checkbox"/> Frost | <input type="checkbox"/> Pom Pom Hat |
| <input type="checkbox"/> Thermos | <input type="checkbox"/> Chimney Smoke |
| <input type="checkbox"/> Insect | <input type="checkbox"/> FootPrint |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Bird |
| <input type="checkbox"/> Feather | <input type="checkbox"/> Snow Plow |

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