

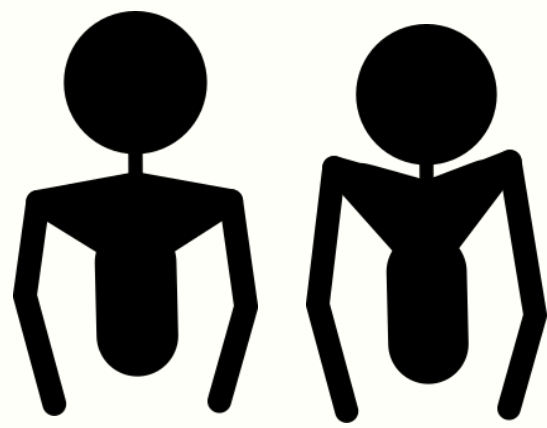
STRICTLY NO FALLING PRESENT!

THE 12 MOVES OF CHRISTMAS

Try out a new move every day to stay active and steady over the festive season!



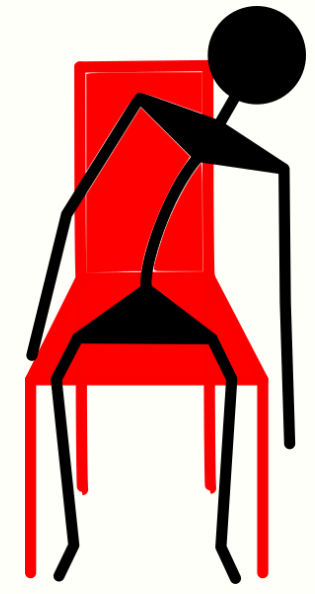
Day 1: 1 minute of Chair Marching



Day 2: 4 Shoulder Lifts



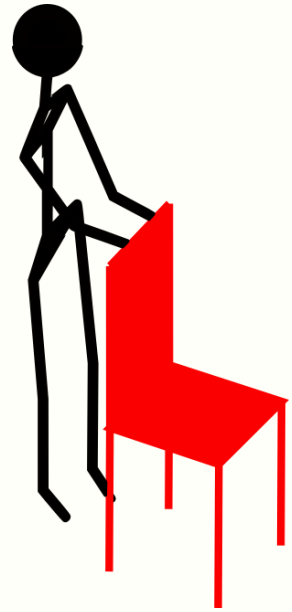
Day 3: 4 Trunk Twists



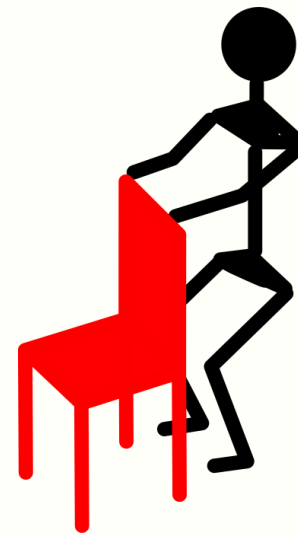
Day 4: 4 Side Bends



Day 5: 4 Jockey Lifts



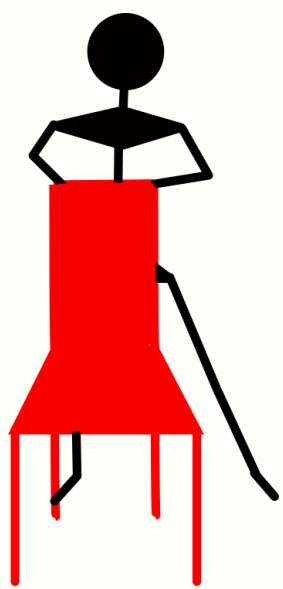
Day 6: 4 Heel Raises



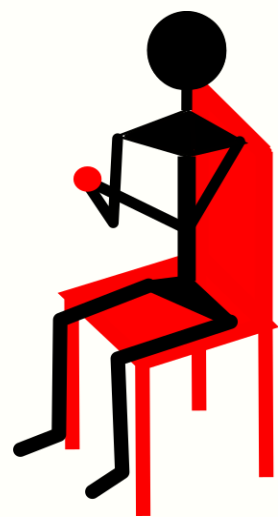
Day 7: 4 Knee Bends



Day 8: 5 Second One Leg Stand



Day 9: 4 Side Leg Raises



Day 10: 4 Wrist Strengtheners (Squeeze!)



Day 11: 4 Arm Curls



Day 12: 5 Second Upward Side Stretch

Disclaimer: The movements described above are for general information purposes only and are not a substitute for professional medical advice specific to any individual case. Exercise is not without its risks. In undertaking the below movement you accept the risk of injury. To reduce this risk, please seek medical advice before engaging in new or unfamiliar activity, particularly if you suffer from an ongoing medical condition which may be affected by exercise. If you experience any pain whilst performing this movement, stop immediately and seek medical advice.