



Create an “active” tradition

When we think of traditions, we think of heartwarming activities we share with loved ones. These routines or rituals are often passed down through generations. They hold special meaning and significance for those involved, whether they are for family by birth or your family by choice.

Think about seasonal activities, like apple picking or a leaf peeping hike. Special events like birthday or anniversary celebrations can become traditions. Traditions can even be something like a funny handshake, a dance or the retelling of a special story.

Sharing these moments deepens the bonds between loved ones. They increase your sense of security, stability and belonging.¹

Physical activity is so important, especially when your gatherings revolve around meals. Why not merge the two and create active traditions?



Active actions to adopt

Moving your feet and your body are excellent ways to feel better mentally and physically. Beyond front yard touch football or a fun run, consider making these your active traditions:



Get moving

Walking for a few minutes after a meal can help regulate your blood sugar.² When your group goes for a walk outside, there are added benefits. Being in nature improves your thinking and reasoning and helps make your mind and body relax.³



Dance it out

Between dinner and dessert, take a break from clearing dishes and pump up some dance music. Music stimulates your mind and activates social, emotional, sensory and motor circuits.⁴ Perhaps the oldest, or youngest, in the room chooses the music. Either way, you're sharing a moving experience.



Parlor games

Old school living room games⁵ can get heated, especially when the gang's all there. In charades, someone physically acts out words or phrases for others to guess. In Pictionary, one player draws the clue while their teammates guess what it is before a timer runs out.

Spending time together around the holidays is the perfect time to create new traditions. Why not make it an active one this year?

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¹<https://www.psychologytoday.com/us/blog/singletons/202411/the-power-of-family-traditions-count-the-ways>

²<https://link.springer.com/article/10.1007/s40279-022-01649-4>

³<https://health.ucdavis.edu/blog/cultivating-health/3-ways-getting-outside-into-nature-helps-improve-your-health/2023/05>

⁴<https://www.psychologytoday.com/us/blog/science-of-choice/202505/the-power-of-dance-and-its-benefits-for-mind-and-body>

⁵<https://victorianchildren.org/parlor-games/>