



NEWSLETTER

merry christmas

RESOLVE EXERCISE PHYSIOLOGY



Merry Christmas from our Resolve Staff. Thank you for your ongoing commitment to your health and wellbeing throughout the year. It's been a privilege to support you on your journey. We wish you a safe, restful and joyful holiday season. We look forward to helping you continue moving, improving and feeling your best in the new year.

10-15 Minute Holiday Survival Workout

Staying active over the holidays can be challenging, so keep things simple—use minimal equipment, choose easy-to-follow routines, and look for fun ways to include the whole family or friends.

Warm-Up

March in place – 45 sec 2x

Circuit (Repeat 1-2x depending on fitness levels)

Each move: 45 sec on / 15 sec rest

1. Sit-to-Stand (or Squat to Chair)

Feet hip-width, stand tall, control the descent.

Use support if needed.

Benefits: Leg strength, balance, independence.

2. Wall Push-Ups

Stand facing wall, hands at chest height, lean in and press away.

Benefits: Upper-body strength without wrist strain.

3. Calf Raises

Hold a chair or counter for balance.

Rise onto your toes, pause, then lower slowly.

Benefits: Ankle strength, balance, and improving walking stability.

4. Standing Hip Mobility (Side Leg Lifts)

Hold a chair. Lift one leg out to the side, small controlled range.

Switch halfway.

Benefits: Hip stability, balance, fall prevention.

5. Core & Balance: Standing Heel-to-Toe Walk

Walk in a straight line as if on a tightrope.

Option: Hold wall lightly.

Benefits: Balance + ankle/foot stability.

Tips for staying Healthy over the Holidays

Keep a Balanced Approach

- Continued balanced Meals
- Don't skip meals to fit in Christmas lunch: this leads to overeating.
- Portion smart: Enjoy holiday favourites but be mindful of portion sizes and excessive alcohol consumption and light options when possible.

Stay Hydrated

- Drink plenty of water—holiday travel, alcohol, and salty foods dehydrate you.
- A good rule: one glass of water between alcoholic drinks.

Prioritize Movement

- Short workouts count! Try: Invite family for a walk after meals—it helps digestion too.

Protect Your Sleep

Stick as closely as you can to your usual sleep schedule – aids in physical and mental recovery

Manage Stress

- Holidays can be overwhelming. Try:
- 5-10 minutes of deep breathing or mindfulness
- Saying no to events that drain you
- Scheduling downtime

Set Realistic Expectations

- Avoid putting too much pressure on yourself

Less Stress

Christmas Salsa Mango Salsa

Ingredients

1 Pineapple
3 Mangos
Lime Juice
Mint

*Alter the amount of ingredients to suit your liking.

You can also add Chilli and Cranberries

This is a beautiful refreshing salad

Method

1. Cut everything and place in a bowl
2. Refrigerate for a few hours before eating.



DID YOU KNOW ?

1. Over 50% of human bones are in the hands and feet
2. Bones are approximately five times stronger than steel
3. Your brain is more active when you're asleep than when you're awake.

If you have any pain or discomfort please stop the exercises immediately