

# Red January: 5 Ways to keep active



# Easy and enjoyable activities for everyday exercise



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## Kickstart your new year with a healthy stride by embracing these five simple yet effective ways to stay active during Red January.

Red January is a charity initiative that lights a fire under your fitness goals and nudges you towards a more active lifestyle. Now, don't worry, there's no pressure to [sign up](#). You can simply use it as a spark of inspiration to breathe life into your fitness journey.

Consider this as your guide to an energised, healthier you. And here's a nifty little tip - jumping on board with initiatives like these can be a fantastic morale booster. So, how about giving it a shot? One of the key ways to achieve this is by staying active every day. To help you out, we've put together a list of 5 simple activities that you can do during January (and beyond!) to keep your body and mind in top form.

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### Make a pledge

Taking that first step towards regular gym workouts might seem daunting, but remember, each step you take brings you closer to your health and wellbeing goals. You're not just working towards a fitter physique, but also a stronger, healthier mind. The gym is not only a place to strengthen your body, it's a community where you can draw motivation and support from like-minded individuals. Every workout you complete, regardless of its intensity, is a victory. It's another day you've committed to your wellbeing, another day you've chosen to put your health first. Embrace the journey and remember, the only workout you'll ever regret is the one you didn't do. So put on those trainers, grab your water bottle, and let's make Red January a stepping stone towards a healthier, happier you!

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### Take a daily walk or run

Embrace the simplicity of a daily walk or run. It's a versatile activity that requires no special equipment - just a good pair of shoes and a positive mindset. Incorporating a daily walk or run into your routine is a fantastic way to improve cardiovascular health, boost mood, and decrease stress levels. It's also a wonderful opportunity to connect with nature or explore your neighbourhood. Remember, it's not about how fast you go, it's about making the effort to move every day. So, why not set off on your favourite trail or take a fresh route around your local area? Whether it's a brisk early morning jog or a leisurely evening stroll, every step you take is a step towards better health and happiness. Let this Red January be the month you fall in love with moving at your own pace!

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### **Try something new**

Traditionally, the start of a new year is all about fresh beginnings and setting ourselves up for success – but it doesn't have to be just about resolutions. This Red January, why not challenge yourself to try something completely different? Whether it's trying a new sport, group or club – trying a new activity not only adds a dash of fun and excitement to your routine but also helps you meet new people, boosting your confidence and self-efficacy.

The cherry on the cake? All of this lifts your physical and mental health! Taking time away from technology and allowing yourself to focus on something creative or analytical can work wonders for mental wellbeing. So, make this the month you step out of your comfort zone and discover something new.

Why not check out Active Partnerships? They're a nationwide network of sport and physical activity charities, where you can find an array of activities in your local area, tailored to your preferences and abilities.

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### **Embrace the winter chill with a family fun day outdoors**

Don't let the winter cold put a damper on your Red January activities! This is the perfect time to add a splash of playfulness to your fitness journey. Whether it's a good-natured snowball fight, building a snowman, or embarking on a nature scavenger hunt, outdoor play with your family not only keeps everyone moving but also fosters invaluable bonding time.

But the fun doesn't stop there. Why not wrap up the day with a leisurely family walk? Immersing yourself in the heart of nature is an excellent way to stay active and soak in the tranquillity around you. The rustling leaves, chirping birds, and changing seasons create a magical backdrop for your fitness adventure. Plus, the fresh air and serene surroundings work wonders for your mood and stress levels.

Remember, it's not just about the distance or speed – it's about cherishing the time spent with loved ones in the great outdoors. So, don your warmest gear, fill a flask with hot cocoa, and make every day of this Red January an adventure-filled celebration of family, nature, and wellbeing.

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### **Make a move – break free from the sedentary cycle**

Let's face it, we've all been there – glued to our chairs, eyes fixed on screens, barely noticing hours fly by. But did you know, sitting for long periods can take a toll on your health? It's time to shake things up and introduce a simple yet powerful habit into your Red January routine – keep moving.

Challenge yourself to rise and stretch every 30 minutes. Even a quick jaunt around the house or a few standing stretches can make a significant difference. Studies reveal that being sedentary for extended periods can lead to health concerns like obesity, heart disease, and even an increased risk of death from cardiovascular disease and cancer.

But don't let these stats scare you. Think of them as a nudge, a friendly reminder that moving, even just a little bit, can have huge health benefits. It's not about running a marathon; it's about breaking the cycle of inactivity and making movement a natural part of your day.

So, next time you find yourself stuck in your seat, remember – every step counts. Stand, stretch, do a quick dance, walk around the block, or simply step outside for some fresh air.

Remember that every step you take, every stroke you make, and every game you play this Red January matters. Our health and wellbeing are not about grand gestures, but about the small, manageable changes we make to our everyday lives. So go out there, embrace the activeness, and remember – you're not alone in this journey. We're all supporting each other as we strive for better health, happiness, and overall wellbeing. This Red January, let's rise to the challenge, not because it's easy, but because our health and wellbeing are worth the effort.

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