LIVE LONGER BETTER.
in Cumbria

12 Days of Christmas

Gift Guide

Christmas gift ideas that enable the older adults in your life to **Live Longer Better in 2025**

active Cumbria

DAY 1 – Electric Toothbrush

A two minute timer toothbrush is the perfect way to remind an older person you care about to stand on one leg for 2 minutes when brushing their teeth – to improve their strength and balance as well as helping them to care for their gums and teeth!

DAY 2 – Activity Tracker or Fitness Watch

Regular physical activity is important at any time in your life, but especially as you age. Walking is a free and achievable activity and some studies suggest that between 4,000 and 8,000 steps a day can be beneficial to older adults. They say what gets measured gets done!

DAY 3 – Set of Resistance Bands

All adults and older adults should aim to do activities that aim to build strength on at least 2 days a week – a set of resistance bands is a cost and space effective way to give someone the necessary equipment to help them keep their muscles, bones and joints strong. Much better than a box of chocolates!

DAY 4 – A Pair of Trainers

Swap a pair of slippers for a pair of trainers. Older adults should be aiming to walk briskly for 30 minutes a day for optimal health. Regular physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain.

DAY 5 – Yoga Mat

All adults should aim to do activities that will reduce the risk of falls and improve balance on at least 2 days a week, so gifting a mat that will encourage someone to practice yoga at home or at a class will be a great start to a healthy and safe new year. A gift that shows you care far more than a bottle of wine.

DAY 6 – Crosswords or Puzzles

Challenging your brain and mind can help to reduce your risk of developing dementia. Help to improve the cognitive ability of the older adults in your life with a challenging puzzle or two rather than a pair of socks.

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DAY 7

Set of Weights

Research shows that older people who start to lift weights typically gain muscle mass and strength, as well as better mobility, mental sharpness and metabolic health. So if you have the budget to set up the older adults in your life to lift weights, you should do it!

DAY 8

Portable Mini-Bike

These alternatives to a full size bicycle can be a light weight and inexpensive way to work out without having to leave the comfort of your own home. Some can be adapted to be used to exercise both arms and legs. A great gift for improving stamina and strength for someone you care about.

DAY 9

Gratitude Journal or Daily Reflection Diary

A positive attitude to ageing is essential in maintaining health and well-being. Studies have found that practicing gratitude can help people sleep better, lower stress and improve interpersonal relationships. A gift that will not take up a great deal of time, but could have very powerful benefits for its recipient.

DAY 10

Gym Membership

Gym membership or personal training sessions. Some people simply like being told what to do by a professional. Your local gym or PT will welcome anyone who wants to be more active, regardless of age or ability. It is never too soon or too late to improve your fitness.

DAY 11

Dance Classes

Dancing will boost your mood and improve your confidence as well as improving the mind-body connection and build co-ordination and balance. Another great way to reduce anyone's risk of developing dementia in a way that a set of smellies never could.

DAY 12

How to increase your Brainability and reduce your risk of dementia' book

This book will equip and encourage the reader to live longer better – what more could anyone want? And if you're sorted with your Christmas Gifts – why not consider this book as a New Year Resolution gift!