

Maintain Your **Weight** During The Holidays



Holiday Exercise Tips

- Staying active in some way will give you energy, help lessen holiday tension, and will help you to burn off some of the extra calories you may be eating.
- When time is at a premium, instead of skipping exercise, just do something active. Little spurts of exercise count towards burning calories! Running errands or shopping? Make sure to take the steps and not the elevator. A little extra walking can go a long way. Try parking a longer distance away from the entrance area of the store. Volunteer to walk the dog; enjoy an after dinner walk with family members to strengthen family bonds.
- Exercise in the morning to get it out of the way. This will prevent you from creating excuses later in the day.
- If exercising indoors due to cold weather, find things like reading, watching TV, or listening to music while exercising on a treadmill or stationary bike. This will make the workout more interesting and make the time more enjoyable.
- Burn calories by cleaning the house or putting up holiday decorations. Physical activity will increase calorie burn.
- Increase exercise time if you plan to consume extra calories.
- Find an exercise buddy including a friend, family member or pet to motivate you. Talking while working out is enjoyable and a great stress relief.
- Set a holiday fitness exercise schedule goal. Goal setting keeps you in check and results in success.
- When workout time is scarce, perform resistance training activities(i.e., lifting weights, performing resistance band exercises, or using body weight for resistance). Muscular fitness workouts help to build muscle and burn more calories at rest than fat.
- Go for a 20-30 minute walk before and/or after eating.

