

Holiday Exercise

- 1** Plan for the holidays. Create a plan to enjoy the festivities without wrecking your fitness.
- 2** Explore new activities. Take your family for a walk, and share what you are thankful for.
- 3** Find a time and place that works best for you to exercise during the holidays and stick to it.
- 4** Pick your top five exercises. Do each exercise for 30 seconds each day.
- 5** Work out for 10 minutes if that's all you have. A little bit of exercise can go a long way.

10 Min. Equipment-free Workout

-  - 1 minute - Jog in place
-  - 30 seconds - Jumping Jacks
-  - 30 seconds - Squat Jumps
-  - 30 seconds - Push-Ups
-  - 30 seconds - Plank
-  - Repeat three times. Take a 20-second break between each set.



EATWell

Tips to Maintain Weight During the Holidays:



CONTROL PORTIONS

Allow yourself to munch on a small portion of your favorite, unhealthy foods. Then focus on nutrient-dense, low-calorie foods for the remainder of the event.



BE SOCIAL

Focus on socializing with friends and family instead of the buffet table.



TRACK YOURSELF

Hold yourself accountable by tracking everything that goes in your mouth.



DRINK WATER

Drink plenty of water throughout the day.



AVOID ALCOHOL

Avoid alcohol to reduce calories and avoid making unwise food decisions.



STAY FOCUSED

Focus on your goal.

Maintain Don't Gain

Americans tend to gain 1-7 pounds during the holiday season.

The bad news is that few of us ever lose that weight, which adds up over the years to a significant gain.



Surviving the Holidays

“The Holidays” are THREE days: November 22, December 25, January 1, not three **FULL** months.

Connect with the hearts of people, get in touch with humanity. Be kind to **YOURSELF** and others.

“**BE**” present... that’s the most valuable gift of all.

Don’t give up **PEACE** for performance. Resist the urge to create the “perfect” memories.



Question:

Do you dread the holidays? Do you throw your wellness goals aside at the end of the year?

Goal:

DO indulge in the important, simple things of life, in things that last. DON'T overindulge with food, finances or social activities.

