

Staying Active During the Holiday Season

These simple tips can help keep you and your family active during the busy holiday months.

- **Find a workout partner.** Having a friend to workout with will hold you accountable, and you will be less likely to skip out on a workout session. A friend can also provide support and motivation.
- **Hire a personal trainer.** This could be a great gift to yourself for the holidays and help you stay motivated to hit the gym.
- **Plan ahead.** During the busy holiday season it is easy to stop going to the gym. Look at all your holiday commitments and make sure to schedule time for exercise.
- **Sign up for a holiday race.** Turkey Trots and Jingle Bell Runs are a fun way for friends and family to exercise together. It can even become a yearly tradition. Make sure to sign up early so you have time to train for the race.
- **Spend time with family outdoors.** Bundle up if it is cold outside and go for a walk as a family. If the weather is warmer, plan a family game of football.
- **Try mall walking.** While you are out doing your holiday gift shopping, plan some time to do a few extra laps around the mall to get in some exercise.
- **Use your time wisely.** Even if you only have a little bit of time you can still get a good workout in. When pressed for time try doing a shorter, more intense workout.