Seasonal Fitness Challenge Program

Fall Fitness Challenge

Holiday Exercise Tips

Adapted from:
Arthritis Foundation &
American Heart Association

Don't let the hustle and bustle of the holiday season spoil your fitness routine. These easy tips will help you stay on track with your exercise schedule:

Invite Guests

If family or friends are in town, why not invite them to join in your exercise plans. Start a healthy holiday habit, such as taking a walk around the neighborhood after dinner with family to look at the holiday lights.

Schedule Time

Make an appointment with yourself to workout. You'll be more likely to keep to your exercise regimen if you treat it as an "appointment".

Work Out At Home

If the weather outside is frightful, just workout at home. Try an exercise video or walk on a treadmill. Turn off the TV and play ball with the kids.

Do Mini-Workouts

During the holidays it can be hard to find time for a full-blown workout. Instead break up your workout into three 10-minute sessions.

Multitask

If you already have to go shopping or run errands, why not exercise at the same time? Try to get in some extra steps by using the stairs instead of the elevator, taking additional laps around the mall, and parking far from the front door of the store.

Set Achievable Goals and Celebrate

Instead of working out five times per week, you may have to settle for three. Reward yourself at special milestones. Nothing motivates like joining a group to go caroling, calling a long-lost friend…or getting a present for yourself!

Remember…the holidays are a time to celebrate with family and friends. The best gift you can ever give yourself or your loved ones is the gift of health. Make keeping healthy a part of YOUR holiday tradition!

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