



No Weight Gain Contest 2015-16

GET ACTIVE THIS HOLIDAY SEASON

Did you know that you can help prevent holiday weight gain by adding extra physical activity to your schedule? Physical activity is important year-round but can be especially helpful during the holidays when you may be eating more than usual.

If you don't have the time to stick to a fitness routine, try to add extra movement to your normal holiday activities.



Increase your steps!

- Instead of driving through neighborhoods looking at Christmas lights, bundle up and take a walk with family and friends.
- When wrapping gifts, place the gifts on one side of the room and your wrapping supplies on the other. Walking back and forth is an easy way to add physical activity to your day.
- When going to the mall to buy gifts, park on the opposite side from where you want to go. Also, take the stairs instead of the elevator or escalator.
- When hosting a party, instead of standing or sitting while you eat walk around and offer party guest's holiday treats from a tray.

Knowing how various exercises can add up to loads of burned calories will give you ideas of new games to play with your family this holiday season.

Activity	30 minutes	Activity	30 minutes
Basketball	422 calories	Gardening	281 calories
Bathing Dog	246 calories	Golf	317 calories
Carrying Infant	224 calories	Walking the dog	211 calories
Hopscotch	352 calories	Volleyball	245 calories
Cleaning/Dusting	176 calories	Tennis	493 calories
Leisure Cycling	281 calories	Soccer	572 calories
Darts	180 calories	Sledding	485 calories
Fishing	211 calories	Racquetball	493 calories
Playing Catch	176 calories	Kickball	413 calories





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Fit Family Tips

- Go for pre- or post-dinner walks: Building a walk into your daily schedule is a simple way for a household to be more enticed for family bonding, whether you head down through your neighborhood or go to a close city park. By switching up your walks, it will keep the whole family interested.
- Crank up the music and boogie down: Move the furniture aside, put a CD/iPod in the stereo and let the whole family dance together. Put on favorite tunes for all ages in the household and sing the words while dancing. This is a family bonding and will allow children and adults to use their imagination and boogie.
- Make a game out of household chores: Set up a challenge about who can finish their chore the quickest and add in a healthy prize (sports equipment, healthy snack). Also, include all members of the family by divvying up the tasks that need to be done accordingly.



- Sneak workouts into other activities: Have your children walk instead of riding in the cart at the supermarket or take the stairs/walk up the escalator whenever possible. Drive partway to drop your kids off at school, park the car, and walk the rest of the way.
- Turn TV commercials into fitness breaks: Invent silly names for simple exercises like squats, push-ups, and sit-ups, and then do them together till the show comes back on. Call them princess sit-ups or Bob the Builder muscle builders. You can also play "coach," in which you take turns "ordering" each other to "drop and give me five," or "follow the leader".
- Walk or run for charity: Model the value of exercise -- and of giving back to society -- by teaming up with your children for a fund-raising race. Sign up for a simple walk for charity and do it as a family by encouraging each other to the finish line.