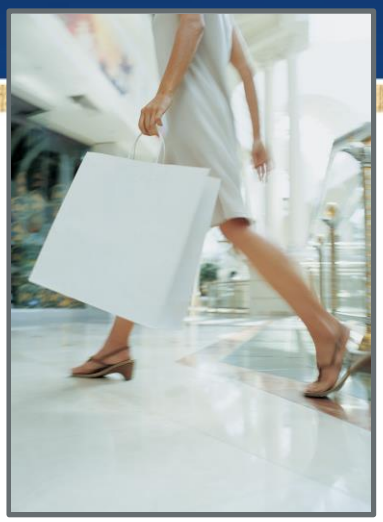
Maintain Don't Gain: Quick Hit Holiday Exercise



There are 35 days between Thanksgiving and New Year's Day. How will you fit exercise into this busy time of year?

Make a plan

- ☐ **Pencil it into your schedule.** Look at the week ahead and determine where you can fit in exercise, activity, or movement.
- ☐ **Rethink the workout.** Be kind to yourself if you don't have time to hit the gym. Can you carve out a few minutes of indoor or outdoor walking with a co-worker at lunch?
- ☐ **A new way to shop.** The mall is the perfect place to fit in a "workout." Park the car at the furthest reaches of the parking lot. Take 30 minutes to powerwalk before starting to shop.
- ☐ **There's an app for that.** When time is limited, use your phone or computer for a quick targeted workout. A few apps to check out include the 7-minute workout or Simply Work It. The website www.abeforfitness.com offers a variety of 3-8 minute exercise videos.
- ☐ **Create a challenge.** Set a goal for yourself during the holiday season. Perhaps it's to walk or run 1 mile daily during the season. Maybe it's trying 1 new strength exercise or yoga pose daily. Experiment to figure out what works for you.
- ☐ **Start a new tradition.** The holiday season is filled with family traditions. Consider signing up the entire family for a holiday themed walk/run for charity. It will soon become an annual event.
- ☐ **Consistency is the key.** Don't throw in the towel if you miss a day of activity or have a night of overindulgence. Get right back to your routine.

✓ Set a Week 7 S.M.A.R.T Goal:

Specific: Be specific about details about how and when.
Measurable: Identifies when success is obtained.
Action-based: Behaviors or actions being done on a consistent basis are crucial.
Realistic: If the goal is realistic, success will follow.
Timeline: Specify timeframe in which to accomplish goal.

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