



Wellness Buddy Wednesday Tip

Plan to Stay Physically Active during the Holidays

Don't complicate the holidays by trying to keep up your regular exercise schedule. Instead :

- Walk as often as possible. Make extra laps at the mall, use the stairs ...
- Play a game of football, tag, hide or seek ...
- Help with the housework, rake leaves, trim the tree ...
- If everyone's sitting around watching TV, try some isometric exercises — squeeze & hold your abs, glutes or even press your hands together to work those chest muscles.
- Grab some full water bottles or canned foods and do lateral raises or overhead presses.
- Choose 10 exercises (squats, lunges, pushups, jumping jacks ...) and do each for 1 minute everyday.



Planning to stay active during the holidays may :

- boost your energy level,
- ease holiday stress, and
- burn off some of those extra calories you may be eating!

Seasons Greetings

JCHD Chronic Disease Health Promotion and
Education Program