

HOLIDAY EXERCISE!

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While gift shopping:

Make sure to get some exercise in this holiday season. Holiday shopping can double as your cardio for the day.

- Wear comfortable shoes when you hit the shops. Take a few laps around the mall in between visiting stores.
- Take the stairs instead of the elevator- every step counts.
- Park your car in the farthest spot then power walk to the door. Burn calories and hurry out of the cold!

During the festivities:

The holidays can be a time of overindulging and parties. This year make it different by focusing on your health!

- Give an exercise dvd, yoga mat, or free weights as a gift to a friend, then make plans to try them out together.
- Have fun with family by ice skating together, playing Wii fit games, or building a snow man.

Dealing with holiday stress:

December can be a very stressful time for students with the end of the semester, exams, holiday shopping, and excessive family gatherings. Find an outlet for all this stress that doesn't involve eating.

- Take an exercise class at a fitness center. Go with a friend - keep each other motivated and accountable.
- Try meditating or doing yoga – find a quiet space to clear your mind for a few minutes.
- Read a good book or magazine.