



Healthy Holidays

HOLIDAY FITNESS

Still Stuffed?



Ok, so possibly you had just a bit too much to eat on Thanksgiving. Guess what? You are not alone! Walking is one of the best forms of exercise possible, and can be done indoors or out. Give your heart a healthy boost while shrinking your waistline!



Walk at least
30 minutes
5 days a week.



Burn Leftover Calories

At Home Fitness Tips:

Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

Walk or bike to the corner store instead of driving.

Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.

When watching TV, start an exercise routine during all of the commercial breaks!

At Work Fitness Tips:

Try walking meetings. Brainstorm project ideas with a coworker while taking a walk.

Walk during business calls when you don't need to reference important documents.

Stand while talking on the telephone.

Walk around your office building for a break during the work day or during lunch.

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