



Healthy Holidays

FROSTY FITNESS

Baby It's
Cold Outside



There's no reason to take a break from physical activity when the temperature drops. In fact, winter's chill can make you feel invigorated! Squeezing in a quick circuit workout is an easy way to keep up your exercise routine even during the busy holiday season.



Sunlight boosts
your mood and
vitamin-D levels.



Calorie Burning Circuit

An exercise circuit (a cycle of 5-6 moves, run a few times through) is a great way to stave off boredom and get a lot done in a short amount of time. You can create your own mini-circuits at home. Ideally, your circuit will include a cardio burst of 1-2 minutes, followed by 3-5 exercises that work various parts of your body.

Sample Circuit Workout:

- Jump rope, jog in place, or run your stairs for 1-2 minutes
- 10 pushups
- 20 crunches
- 20 hip lifts/ bridges
- 30-second plank hold
- 10 triceps dips on a chair/couch

Add a Compound Move:

Lunges with biceps curl. Start standing with feet together, shoulders back and down. Take a large step forward with your right foot, bending both right leg and left leg (but keeping your upper body straight). As you bend both legs to 90 degrees, lift both arms into a biceps curl (with or without weights). Straighten your arms as you push back to your starting position (legs together). Alternate right and left legs. Start with one set of 10 and work up to three sets.

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