



# Maintain Don't Gain

## Day 3: Staying Active during the Holidays

### Canada's Physical Activity Guide recommends ...

- Be active at least **2.5 hours a week** to achieve health benefits.
- Focus on **moderate to vigorous aerobic** activity throughout each week, in sessions of 10 minutes or more.
- Strengthening activities (target your muscles and bones) at least **two days per week**.

### Top 10 Tips to Stay Active this Holiday Season

**1) Take time out for yourself.**

Set aside 30 minutes to 1 hour a day to relax and get some exercise. When you're feeling "peopled-out," go to the gym by yourself. This is one guarantee of some time alone during the often chaotic holidays.

**2) Stick to your existing routine.**

You've been so great at keeping your routine, why stop now? Write the days you'll go to the gym in your calendar or to-do-list as a reminder. Bring a family member or friend with you since the holiday season is a time of sharing!

**3) Keep a record of daily fitness activities.**

This way it'll be easier for you to see if you need to do more or even when it's time to reward yourself.

**4) Make New Year's resolutions early this year.**

Start working toward your wellness goals by Dec 1. Write them on sticky notes and post them where you'll see them often (try the fridge or your computer).

**5) Christmas Shopping.**

When you shop for those last minutes gifts, schedule time for lots of walking. Park as far away from shop entrances as you can and briskly walk to your destination. If you travel by bus or metro, get off a few stops earlier and walk the rest of the journey. Pick up your walking pace while shopping at the mall.



**6) Shoveling the Driveway.**

It may seem like work but shoveling snow is actually a great way to get some exercise in. It'll also give you some time to clear your head and enjoy the winter scenery.

**7) Commit to a brisk 10- or 15-minute walk.**

Before or after dinner, no matter where you eat, commit to a short, *brisk* walk. Enjoy the holiday lights, look for a tree to cut, visit the nativity scene at a local school or church, or walk with the family to visit a friend or relative.

**8) Buy a pedometer.**

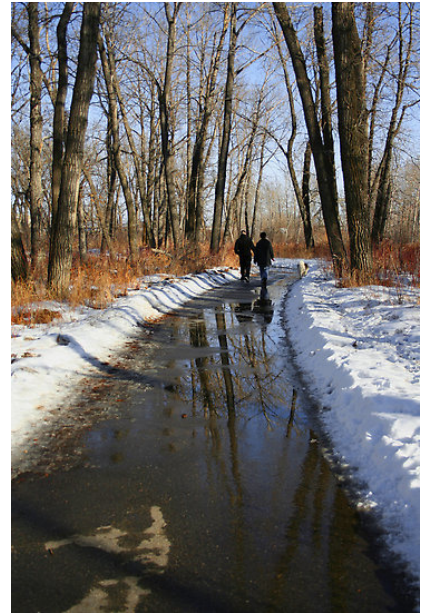
Buy a pedometer as an early Christmas to yourself. Use it to see how many steps you take in a day and aim to increase that number. Your goal should be 6,000 - 10,000 steps a day for good health.

**9) Get outside!**

Get a group of friends to go sledding with you! Other options may include cross-country skiing or skating. It's inexpensive and, a lot of fun, and great exercise! To spend time with the family, go tobogganing with your kids.

**10) Family Night**

Rather than watching a movie as a family or sitting on the couch, try doing something different this holiday season. You don't necessarily have to play a sport together (although you could start up a game of football in the backyard), but there are many options! Board games, charades, make a gingerbread house, singing carols by the piano, baking or cooking holiday treats.



References: <http://www.phac-aspc.gc.ca>  
[www.reslife.net](http://www.reslife.net)  
<http://www.canadianliving.com>  
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