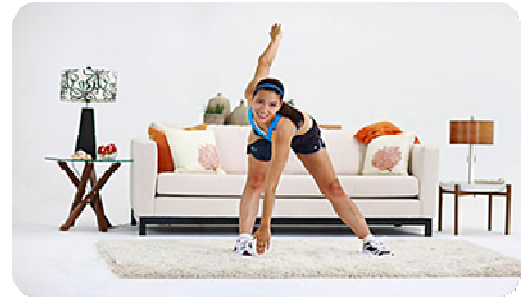


# Staying Active Over the Holidays

## Holiday Tips

### Why exercise is *especially* important during the holidays

1. Helps to keep off the holiday pounds
2. You will feel *jollier*
3. You will have **more energy**



### 8 simple ways to stay active this holiday season

1. Create a **home workout routine**
2. Be **flexible**
3. Combine **exercise and family** commitments
4. **Commit** to exercise
5. Enjoy the **outdoors**
6. Make an *early* New Year resolution
7. Keep an “**exercise diary**”
8. Allow for “**me**” time



Resources: [www.webmd.com](http://www.webmd.com); [www.healthcentral.com](http://www.healthcentral.com)