Staying Active During the Holidays

It's that time of the year again where we attend lots of holiday parties and snack on sweet treats. That means extra calories that could potentially lead to weight gain. It's inevitable that we tend to eat a bit more during these times. Fortunately, we have ways to maintain your weight that don't involve avoiding all holiday foods. Moreover, we have ideas on how to increase your physical activity on top of your regular workouts.

Ways to Maintain Your Weight During the Holidays

1. Never arrive to a party hungry
   (If you do, drink some water first)
2. Exercise in the morning – fewer cravings
3. Be picky with foods – choose the foods you *really* want instead of getting a bit of everything
4. Chew slowly
5. Wait 20 minutes before grabbing seconds
6. For buffets, use the smallest plate possible
7. Limit your alcohol intake
8. Pick protein – greater satiety
9. Fill up on fiber – keeps you full
10. Serve meals restaurant style – leave food on kitchen counter rather than right on the table

Additional Ways to Stay Active

- Concentrate your workouts – if you don't have time to do a full workout session, do them in small sessions (e.g. jumping rope for 10 minutes, jumping jacks, etc).

- Take an evening walk after dinner with your family.

- Partner up with friends while exercising. This will keep you more accountable to being physically active.

- Don't just focus on cardio – do some strengthening exercises too! (e.g. using dumbbells, pushups, crunches, lunges, etc.) You will gain muscle, and your rate of metabolism will increase!

- Participate in a holiday-themed run (most of them are 5k).

- Play in the snow! Have a friendly snow ball fight or build a snow man. Try some winter activities like snowshoeing, skiing, and snowboarding.

- Weather is too severe? Find hundreds of free workout videos for all fitness levels online!

- When mall parking, park a little bit further to get more steps.

- If you're travelling, walk around the terminals between flights.