

Active through the Holidays

The holiday season can be a tough time to stay on top of your active routine. The weather is cold, there are fun places to go, family visits, and friends to see. Here are some ideas for staying active during the busy holiday season!

1. Look for opportunities to sit less and move more

You may feel like you don't have the time or energy to move, but you don't have to do too much. Take a spare moment as a chance to squeeze in a few minutes of active movement such as taking an extra lap around the mall or doing some strength and balance exercises.

2. Fire yourself up

Get yourself excited and motivated for the day ahead! Make a checklist of things to accomplish that day. It can be a very gratifying to check off those tasks. Include your physical activity on the list and don't let yourself end the day without marking that off!



3. Follow through

Recruit others to help you stay accountable. Talk with a friend or partner about your holiday activity goals, and have them help you stay on track. Maybe you'll find a buddy in the process to join you on your activities!

Involve your friends and family in your activities. Let them know you want to stay active during the holidays. They can also help by providing reminders and motivation. Knowing that there's someone else out there who is supportive may spur you to keep up!

Go to the "**Home Exercise**" page on our website **WHISH.org** to see more physical activity ideas!

This *WHISH* article has been modified from a TIME article, the original can be viewed here: <http://time.com/4583238/exercise-motivation-during-holidays/>