

12 Tips for Staying Active During the Holidays

It's important for adults to stay active during the winter months. Prolonged inactivity can lead to loss of muscle mass and increase your risk of falling. Inactivity can also have a negative effect on your mental health. The good news is that physical activity is a great holiday stress-buster.

Here are 12 tips for incorporating some light exercise into your day during this special time of year:

Choose shoes carefully. As often as possible, wear walking shoes. If you're already wearing the proper shoes, you'll have the support you need, a little bounce in your step, and you'll be ready to get moving whenever the opportunity arises.

Plan ahead. If you're traveling, planning ahead can make a big difference. Before you go, look into walking trails or paths that you can explore. If you're staying at a hotel, find out if there is an exercise room.

See Christmas lights. Whether permitting, bundle up and take an early evening stroll to see some Christmas lights. Don't stay outdoors too long in colder weather.

Go window shopping. Take a few laps around the shopping mall and enjoy the holiday displays.

Park away from entrances and take the stairs. We've all heard these tips, but they continue to ring true. This is a great way to squeeze a little more activity into your day.

Exercise to Holiday music. Put on some Holiday music and dance, walk or run. Whatever your fitness level, the music will give your routine a little holiday flair.

Clean the house. Give your home a good holiday cleaning. Bending, squatting and even standing while folding laundry... housework is a lot of work and a great way to keep your body moving.

Try a group exercise class. If you've never tried a group class, give yourself the gift of trying something new. Use your free fitness benefit with SilverSneakers to find locations near you with group classes designed for all abilities.

Take advantage of travel delays. Whether you're arriving by plane, train or automobile, holiday travel usually involves a lot of sitting. Use any travel delays to get some light exercise. Stand, stretch, walk.

Make it family time. Physical activity can be fun for the whole family. Take a walk together before dinner. Play with the kids and grandkids.

Volunteer. There are plenty of volunteer opportunities this time of year. To learn more about volunteering, visit the Care N' Community section of our website at cnhealthplan.com/care-n-community/.

Rest. Yes, rest! The key to staying healthy and active is to ensure your body also has a proper amount of rest. When you allow your body to recharge you'll have more energy for the next activity.



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