Healthy Holiday Challenge

Week 3: Simple ways to sneak in fitness

The holiday season is one the busiest times of the year. Between parties, traveling, baking, and shopping, there’s not much time for exercise. And this is the season when you need it the most. Exercise can help you beat stress, boost energy, and burn off all those homemade cookies.

In this week’s email, you’ll learn a few smart ways to fit in fitness. Every step counts on your mission to manage your weight!

- **Move more.** Use the stairs. Take a stroll at lunch. When you run errands, walk as much as you can. Basically, anytime there’s a change to move, do it.

- **Make it social.** Start a walking group at work. Keep your dog happy with a quick run. Catch up with an old friend or family member while you boost the health of your heart.

- **Break it up.** If you don't have time to exercise for 30 minutes, split it up into two 15-minute workouts or three 10-minute walks. You will get the same health benefits.

Resources

[How to fit activity into a busy day](#)

[CLICK HERE FOR MORE HEALTHY TIPS](#)

[Click Here to Report Your Participation for Weeks 1 through 2](#). This is required to be entered into the raffle drawing! **Deadline: Friday, December 13.**