

## Staying Active During the Holidays

The months of November and December can be the busiest times of the year for many people spending time with family and friends starting with Thanksgiving and continuing with other winter holidays. Activity-packed schedules and increased amounts of travel become a priority, while exercising takes a back seat. Here are a few ways to continue exercising and staying active during the holidays:

- *Be Adventurous:* Try a new group fitness class at [Campus Recreation](#) or a local gym with a friend or family member
- *Family Time:* Plan an active event to do at your family gathering
- *Enter a Turkey Trot:* Many cities have a run or walk event on Thanksgiving Day
- *No Excuses:* Invest in warm workout apparel for exercising outside
- *Gift Giving Season:* Walk laps around the mall before shopping
- *Enjoy the Season:* Try ice skating, skiing, sledding, snowboarding or other outdoor activities
- *Fitness at Lunch:* Use half of your break to get up from your desk and walk for 30 minutes with a coworker
- *Competition Time:* Challenge your family or friends to a winter workout competition to see who can stay fit during the holidays

**Take the chill off outdoor winter activity:** Additionally, the approaching chilly weather often turns people away from active outdoor activities. Here are some ways to keep active and stay warm during the winter months:

- Stock your closet with weather appropriate clothing so you can continue your outdoor workout routine in the colder months.
- Stay away from cotton apparel, it soaks up moisture from your body and does not breathe. Technical and synthetic materials wick away sweat and keep you dry and warm during your workout.
- If you prefer to exercise inside, join a group or class to help you stay motivated and committed.



*Note: This article was written by Jackie Kropp, a graduate student in Recreation, Sport and Tourism who is a Graduate Assistant at McKinley Health Center.*