

It's All About Balance: Eat Smart, Move More, Rest Well

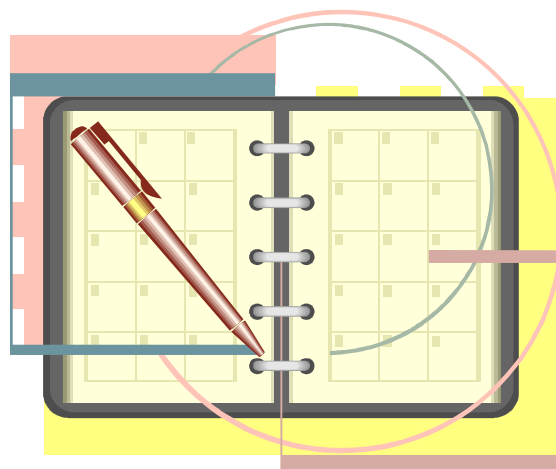
## 4 Fun Ways to Stay Fit & Keep Your Spirits Bright

### Put activity on your busy holiday schedule.

When something is important to us, we write it on our calendar. So, make physical activity just as important as your other tasks. Write it into your schedule. Figure out where you can find time to spend in the yard, at the gym, at yoga class or just walking around the block. Then put it in writing. Planning ahead makes it much more likely that you will get into the habit of moving your body every day.

### Celebrate with active holiday parties.

Think of all the great ways that you can celebrate the holiday season and be active at the same time. Dancing is always a great place to start. Try rocking to some tunes while cleaning the house. Depending on weather, there are lots of delightful options. You can walk through the neighborhood to carol or look at holiday lights. For active indoor fun for people of all ages, try games such as Twister® and Hullabaloo®



### Give yourself a timeout during the holidays.

An active 10-minute time out can give you more energy than a donut break or a nap. Give yourself a 10-minute break to do some yoga stretches, a few Pilates moves or just to take a walk. Simple brisk walking is one of the activities most often recommended by fitness experts. All you really need are comfortable shoes. So, keep a pair at your desk or in the car. You can take ten around the building where you work, around the block or around a park.

### Get into the laugh habit.

Many studies show that laughter is powerful medicine, with both short- and long- term benefits. A good laugh can relieve tension, soothe stress, and reduce aches and pains throughout your body (especially in your stomach and head). How to get your holiday laughs? Almost any game or silly dancing with small children is a great place to start! Or how about a stroll-and-giggle with a funny friend?

**Did you know outdoor activity may be better than inside exercise?** A small group of studies have shown that outdoor activities may have more mental benefits than indoor ones. Activities such as outside walks and gardening may be better at reducing tension and relieving stress. They may also improve focus for children with attention disorders. Put on comfortable shoes, grab your jacket and a hat, and head outdoors for a brisk walk.



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