

# 3 “S”S

*to get fit during the holidays*



Do you assume the holidays are too busy for exercise? Think the holidays are just about treats? Keep these three tips in mind and you could have a fit, healthy and happy holiday season!

## 1

### SHORT BURSTS

Make your exercise bite-sized! Ten minutes of exercise here and there can be just as effective as 30 minutes at once. Try a quick walk first thing in the morning, at lunch and after work.

## 2

### STRESS RELIEF

Is the holiday season too stressful? Exercise is one of the most effective ways to lower stress hormones in the body. Make time to move and you'll feel great mentally and physically.

## 3

### SAVOR IT

Exercise doesn't have to be a chore. Pick something you like, or play your favorite music while doing it. Make exercise your "me time."



Sources: National Institute of Diabetes and Digestive and Kidney Diseases, U.S. National Library of Medicine