

Ease holiday stress

Try to fit exercise and movement into your day to reduce stress and focus on what makes the holidays special – connecting with family and friends.

Break it up: Split 30 minutes of exercise into 10-minute blocks. For example, after you park, take a short walk before beginning your errand, job or other activity.

Holiday wonderland: Take a neighborhood walk to view holiday lights and decorations.

Get out with the kids: Head outside with your kids or grandkids to play an outdoor game.

Fun & active: Schedule holiday get-togethers at community or fitness centers that offer holiday swimming, skating, volleyball or dancing.

