

# 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.

