

Jasper School District

Wellness Newsletter, December 2016

Holiday Health and Fitness – What can we do??

How do we fit in a workout with all the holiday craziness? Between shopping, holiday parties, ball games, and end of the semester exams, it can be difficult to squeeze in a workout. This does not even mention the colder temperatures, shorter days, and layers of warm cozy clothes that make our motivation level tank during this time of year!

Here are some tips to keep us on track this holiday season:

- Park at the end of the parking lot when shopping. Parking lots are packed this time of year anyway. By parking on the outskirts of the lot, you can burn a few more calories while doing your holiday shopping. Think about making an extra lap around Walmart or the mall before heading back out into the cold.
- Look for opportunities to play like a kid. Play with the students at recess, get the basketball out at family gatherings, play hide and seek with the little ones at get-togethers. You will be having fun and burning some of the pecan pie you just ate. ☺
- Give workout videos a shot, if you have not done them before. Yoga and Pilates are great ways to fit in exercise and reduce your stress level, too. You can even squeeze one of these in on your lunch break – since they are not usually “sweaty” activities.
- Go Ice Skating! Did you know skating burns 600 calories an hour? And it is fun!
- Don't forget to track your activity and eating during the holidays to help you not overindulge. If you don't have a FitBit or other activity tracker, invest in an inexpensive pedometer. Shoot for 10,000 steps daily (about 5 miles) in addition to your workouts. It's not hard to fit that in with all the walking we do on campus.
- This holiday season, eat mindful, not mindless. Grazing during the holidays adds up! Only eat when you are hungry and track your intake. Tracking your food intake will help you stay on track and be accountable for how many calories you are eating daily.

- Plan ahead by packing healthy snacks – fruits, veggies, cheese sticks, yogurt, etc. Don't go to the mall hungry – you will end up with those yummy smelling pretzels and cheeses sauce!

Resources:

www.heart.org

www.idealshape.com

www.realsimple.com