

**Eating Smart & Moving More
Celebrating Healthy Families**

Moving More

Five Ways to Enjoy 10 Minutes of Holiday Fitness Fun

Physical activity is even more important during the holidays than other times of the year. Being active helps relieve holiday stress. It also helps balance out the usual increase in holiday calories. To maintain fitness levels and emotional well-being, enjoy at least three 10-minute activity breaks a day – preferably with family or friends.

Take a brisk 10-minute stroll with a loved one.

Something as simple as a 10-minute walk can make all the difference in your physical and mental state. A brisk walk around the block at work or around your neighborhood can improve your mood and kick-start your metabolism in just a few simple steps. For extra holiday fun, invite someone you've been missing!

Play a child's favorite active game for 10 minutes.

It's often said that holidays are "all about the children." What better way to be active than to have festive fun with one or more young people! Children often have extra energy to burn during the holidays. Even serious adults can enjoy some sledding, get tied up in game of *Twister*[®] or toss around a *Koosh*[®] ball.

Dance for 10 minutes to your favorite holiday tunes.

You could "*Rock around the Christmas Tree*" and just go "*Walkin' in a Winter Wonderland.*" Use music to pick up the pace when you are walking or working outside with headphones – or cleaning up the house for a holiday gathering. For the best holiday break of all, take a spin on the dance floor with your sweetie.

Walk for 10 minutes between stores.

You can even fit fitness into a busy shopping day. Take a 10-minute 'breather' between each store on your list. Enjoy a quick lap around the perimeter of the mall or a walk around a couple of downtown blocks. You'll have more energy – and you just might make smarter spending decisions too!

Take a 10-minute stretch break at home or work.

Holiday tension can take a toll on backs, shoulders and jaws. A quick break can relieve physical and mental stress. Check out www.lib.msu.edu/ergomso/stretch.htm for gentle moves that can be done anywhere you need a stretch.



National Nutrition Month[®] - March 2008

Adapted by the NC NET Program from Eat Right Montana materials