



## **Exercising Over The Holidays**

With the holidays and new year around the corner, people are traveling more, attending more parties and generally eating more...while their workout regimen seems to get thrown out of whack. With a little bit of planning and motivation, you can remain fit and active during the holidays. It's important to remember that even short workouts are better than no workouts at all. Here are a few tips to help keep in shape during the holidays:

### **Do a "Condensed-but-Intense-Workout"**

Can't get to the gym to do your regular routine? Consider doing a "no equipment" 20-30 minute workout combining a few lower body workouts (step ups, squats or lunges) and a few upper body exercises (push ups, modified push-ups or chair dips).

Warm up with exercises like marching or jogging in place or jumping jacks, then do 10-20 repetitions of a lower body exercise and 10-15 repetitions of an upper body exercise. Follow this with a minute of jumping jacks or jogging in place. Repeat this routine two or even three times. You can easily add in some planks or simple abdominal crunches to round out a quick total body work out that you can do anywhere.

### **Bring Tubes, Bands and More**

If you have to travel during the holidays, pick up some simple tools to help you keep active...you can purchase exercise bands, tubes, physioballs and even water filled weights. Packing a few small things to help tide you over until you return home is a great way to stay fit. Most everyone travels with some type of tablet or mobile device today and you could always just "you tube" a 20 minute workout to do while you travel.

### **Get a Jump Rope**

If you are going to a cold weather climate and you don't feel that you will have the motivation to get outside and exercise, pick up a jump rope and bring it with you (or keep one at home to use!). It's a great way to get some cardio, upper body and lower body exercise as well as working on your agility. If you don't have a jump rope, pretend you do...just jump up and down in place and move your arms like you are working an invisible jump rope...not as difficult to do (of course), but you still get many of the benefits.

### **Ease Back Into Your Routine**

After the holidays are over, if you haven't had the ability to exercise as intensely as you usually would have, don't rush right back to intense exercise again...that is a great way to injure yourself. Build your exercise levels back up over a week or two and you will be back to old workouts in no time at all.