

Staying Active During the Holidays

Facts about Fitness

It's easy to fall out of the exercise routine as your calendar fills up with holiday gatherings... and indeed, the number of Americans who work out **typically drops about 6-8%** between summer and winter. But hectic as things may be, staying active is worth the time and effort.

The American Heart Association recommends at least 150 minutes per week of **moderate-intensity aerobic activity** (such as brisk walking) or 75 minutes per week of **vigorous activity** (like running or swimming), or both in combination. And a new study finds that people who incorporate **weight or resistance training** into their workouts at least two days per week **reduce their mortality by 41-47%** compared with those who don't exercise. We've gathered some tips to help you stay on track this holiday season.

REMINDER

Commit To Stay Fit This Holiday Season



Plan Ahead

Schedule your workouts in advance to ensure they fit in your day - plus, studies have shown you are more likely to exercise when you plan in advance.



Keep It Quick

On days when a 45- or 60-minute workout just isn't in the cards, pencil in a quick 15- or 20-minute high-intensity interval training (HIIT) session.



Aim for Morning Workouts

Working out first thing in the morning guarantees exercise gets checked off your list before other demands of this busy season get in the way.



Travel With Your Workout Gear

When you hit the road this holiday season, keep a few easy workout tools with you so you can squeeze in a little exercise wherever your travels take you.

SOURCES: American Heart Association, Gallup, Huffington Post