

# Feel the Holiday Burn

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3,500 CALORIES

=

1 POUND OF FAT

BURN 500 MORE CALORIES A DAY THAN  
YOU CONSUME, LOSE A POUND A WEEK

FIT HAPPENS



# Calories Burned Per Hour

## Type of Exercise

- Dancing
- Walking
- Low impact aerobics
- Aerobic dancing
- Running (10 min mile)

## Kcals burned/1 hr

- 210
- 290
- 362
- 500
- 745



# 100 Calorie Circuit

- 40 jumping jacks
  - 30 crunches
  - 20 squats
  - 10 push ups
- 
- 5 times = 500 calories
  - 10 times = 1000 calories



# 10 Ways to burn 100 calories

- Jog for 9 min
- Lift weights for 15 min
- Ski for 10 min
- Dance around the kitchen for 20 min
- Yoga for 20 min
- Ride a bike for 23 min
- Shop for 38 min
- Walk the dog for 26 min
- Clean the house for 25 min
- Cook for 34 min



# Family Exercise Ideas

- Balloon Ball
- Obstacle Course
- Dance Party
- Scavenger Hunt
- Hopscotch (tape squares on the floor)
- Clean Up game
- Trampoline Time



# Need Motivation

- Fitbit Challenges with friends, co-workers
- Use an app
  - Zombie Run (\$3.99)
  - Charity Miles- Bikers 10 Cents/mile, Walkers/Runners 25 cents per mile...donated to charity
- Group fitness class
- Try something new (CycleBar, Barre Classes, Geocaching)
- Sign up for a race (tshirts and medals)
  - Shorter Race : Turkey trot, Santa Run
  - 5k, 10k, Half/full Marathon
- Exercise with a buddy



# LAZY GIRL



# LEG WORKOUT

CLICK  
TO WATCH  
THE VIDEO

**EXERCISE 1** ALTERNATING SINGLE  
LEG BRIDGES



**EXERCISE 2** KNEE TUCK EXTENSIONS



**EXERCISE 3** HAMSTRING CURLS



**EXERCISE 4** ALTERNATING LEG LIFTS



**EXERCISE 5** FRONT TO BACK  
TOE TOUCHES



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# LAZY GIRL



# ARM WORKOUT

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**EXERCISE 1** EXTENDED CHEST FLY



**EXERCISE 2** CHEST PRESS



**EXERCISE 3** OVERHEAD EXTENSIONS



**EXERCISE 4** LYING SIDE CURLS



**EXERCISE 5** OVERHEAD PULSE



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# LAZY GIRL



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# AB WORKOUT



**EXERCISE 1** WINDSHIELD WIPERS



**EXERCISE 2** S-L-O-W LEG LIFTS



**EXERCISE 3** SCISSOR KICKS



**EXERCISE 4** LEG LIFTS



**EXERCISE 5** ELBOW PLANKS



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Remember.....

