



Maintain, No Gain!

Healthy Holiday Challenge

Week 3: Make exercise fun during the holiday season



Complete this week's challenge

- Engage in aerobic activity.
- Keep track of your activity in your Food and Physical Activity Log..



The importance of aerobic activity

Regardless of your age, weight, or athletic ability, aerobic exercise is good for you. Just make sure to check with your doctor before starting any exercise program. Let your doctor give you the go-ahead to get moving.



The recommended exercise guidelines from the U.S. Department of Health and Human Services (HHS) are:

- 150 minutes of moderate-intensity aerobic activity per week or
- 75 minutes of vigorous-intensity aerobic activity per week or
- 90 minutes of moderate-intensity and 30 minutes of vigorous-intensity aerobic activity per week



This may seem overwhelming at first, especially if you don't get a lot of exercise, so this week, start out small and work your way up. For example, begin walking for just ten minutes a day, and increase your time by five minutes every other day. As your body begins to adapt to aerobic exercise, you will get stronger and more efficient.



The benefits of aerobic exercise:

- Strengthens your heart
- Boosts your mood
- Helps you maintain a healthy weight



Tips for getting active during the holiday season:

- Park in the farthest parking spot from the mall while shopping for holiday gifts.
- Be the life of the holiday party by mingling and dancing with your friends and family.
- Dance in the kitchen while preparing your holiday meals.



Whatever you choose to do, as long as you're moving and having fun, you'll reap the benefits that exercise provides.



Disclaimer: As with any nutrition and/or exercise program, consult your doctor before beginning, especially if you have a sedentary lifestyle or a health condition that requires special consideration.

Sources: webmd.com, choosemyplate.gov