



Exercise Deficit: Make It Fit...Especially This Season

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We all know that between Thanksgiving and the New Year that exercising starts getting replaced by company parties and kids' programs at school (the same reasons our good nutritional habits become questionable). We could really back that up to Halloween because that's what begins all the festivities and gets our minds set that we're about to be on autopilot for the next few months living our lives the same way we have been year after year, putting on the extra 8-14 pounds during the "holiday season." Have you ever taken a step back and looked at exactly what happens to your life during the next few months? Work gets busy to close the year out, there are a lot of activities going on that all involve food and drink, not to mention the Christmas program that little Davie is having. On top of all the chaos, the weather is against us too. Who wants to work out in the cold?!

This is a time where you have to be strong and schedule workouts in if that's what it takes. It should be treated like a Dr.'s appointment. It would certainly keep you from seeing less of him/her. Set a goal to train for something with a group, join a class, or hire a trainer. At least this will give you some accountability to just show up. Other ways to incorporate exercise into the holiday season are shopping at the mall where you have to walk for an extended amount of time, get your workouts in before your day begins (yes, get up earlier than you are now), or get your family involved in your goals so they are supportive and may even participate.

If you can commit to at least 4-5 hours (that's about 40-45 minutes/day OR 1 hour 4-5 days/week) of exercise each week this season, you should be able to at least maintain your weight and not set you back from the rest of your fitness goals. Make this New Year celebration different that all the other years. Be productive during the holidays and you won't have to set weight loss or exercise goal for your new years resolutions. Use them on something different! After all, it is your health we're talking about.