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## How to Stay Fit and Healthy This Holiday Season

End-of-year festivities can wreak havoc on healthy eating habits and well-planned workout regimens, potentially leading to health issues or an expanding waistline. This year, do the holiday season differently! Here's a five-step game plan to help.

1. **Re-evaluate your fitness plan ahead of the holidays.** If you normally work out five days a week, don't consider the holiday season a lost cause; simply change your plan to fit the time you actually have. And keep in mind that something is much better than nothing.
2. **Schedule workouts in advance.** Use a calendar and schedule the days you plan to work out. Be sure to take into consideration holiday parties and late nights as you complete your [holiday workout plan](#), as well as any time you plan to spend shopping.
3. **Consider shorter workouts.** Can't fit in your usual hour-long gym visit or make it to your favorite class? It might be time for a seasonal change to your routine. Try workouts that are shorter but higher in intensity, like these [treadmill workouts](#) that take 32 minutes or less.
4. **Make small but worthwhile choices in your everyday life.** This is as simple as taking the stairs or parking a little farther from the door. Walking has huge benefits and your daily steps add up. Use a fitness tracker or pedometer to keep track and reward yourself when you hit major milestones.
5. **Watch what you eat.** Before you head to a party that you know will be riddled with calorie-

*Refer  
a  
friend*



*Contact  
Us*



*Schedule  
an  
appointment*



rich holiday classics, fix yourself a healthy alternative at home. This will fill you up and allow you to have a bite or two of your holiday favorites without the guilty conscience.

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