

How to Stay Active and Fit During the Holidays: 15 Strategies

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Health and Lifestyle Tips and Techniques

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? The holiday season is a time for joy, celebration, and spending quality time with loved ones. However, it can also be a time when our usual fitness routines take a backseat, leading to weight gain and a decline in overall fitness. But don't worry, with these 15 strategies, you can stay active and fit during the holidays without sacrificing the festive spirit!

1 **Prioritize movement:** Make it a priority to incorporate physical activity into your daily routine. Whether it's a brisk walk, a dance session in your living room, or a workout at the gym, aim for at least 30 minutes of exercise every day.

2 **Embrace the great outdoors:** Take advantage of the holiday season by engaging in outdoor activities. Go ice skating, build a snowman, or organize a friendly snowball fight. Not only will you burn calories, but you'll also create lasting memories with your loved ones.

3 **Plan active outings:** Instead of meeting friends for a meal or drinks, suggest activities that involve movement. Go for a hike, explore a local museum, or try out a new yoga class together.

4 **Turn household chores into workouts:** Cleaning the house and preparing for guests can be physically demanding. Treat these tasks as an opportunity to get active by turning them into mini workouts. Vacuum with extra vigor, do lunges while tidying up, or squat while wrapping presents.

5 **Stay hydrated:** Drinking enough water is crucial for maintaining your energy levels and keeping your body functioning optimally. Aim to drink at least eight cups of water each day and limit sugary holiday beverages that can add unnecessary calories.

6 **Set realistic fitness goals:** During the holidays, it's essential to be realistic about your fitness goals. Aim to maintain your current level of fitness rather than striving for major gains. This way, you won't feel discouraged or overwhelmed by the holiday indulgences.

7 **Use technology to your advantage:** Invest in a fitness tracker or use a smartphone app to monitor your daily activity levels. Set reminders to move every hour and challenge yourself to meet daily step goals.

8 **Get the family involved:** Encourage your family members to join you in staying active. Organize a friendly game of touch football, create a holiday-themed obstacle course in the backyard, or go for a family bike ride. It's a great way to bond while keeping everyone healthy.

9 **Find joy in cooking healthy meals:** Instead of indulging in unhealthy holiday treats, experiment with cooking nutritious and delicious meals for your loved ones.

Look for healthy recipes and make it a fun activity to try new dishes that promote wellbeing.

? Practice mindful eating: During holiday gatherings, it's easy to overindulge without even realizing it. Slow down, savor every bite, and listen to your body's hunger and fullness cues. Mindful eating helps you enjoy your favorite holiday foods while remaining in control.

11 Choose active gifts: Instead of giving and receiving sedentary gifts, opt for presents that promote physical activity. Consider gifting workout gear, fitness classes, or equipment like resistance bands or yoga mats.

12 Schedule regular workout sessions: Treat your workouts like any other important appointment you have during the holidays. Block out time in your calendar and stick to it. By making exercise a non-negotiable part of your schedule, you're more likely to follow through.

13 Stay accountable: Enlist a workout buddy or join fitness challenges online to stay accountable. Sharing your progress, celebrating achievements, and seeking support from others will keep you motivated and on track.

14 Practice stress management: The holiday season can be stressful, but it's crucial to prioritize self-care. Engage in activities that help you relax and de-stress, such as meditation, yoga, or reading a book. Managing your stress levels will prevent emotional eating and help you stay focused on your fitness goals.

15 Have fun and celebrate your achievements: Finally, don't forget to have fun and celebrate your progress. The holidays are a time for joy, so embrace the festivities while remaining mindful of your fitness goals. Reward yourself with non-food treats like a spa day, a new workout outfit, or a day off to relax.

By following these 15 strategies, you can maintain your fitness and stay active during the holiday season. Remember, it's all about finding a balance between indulgence and maintaining your overall wellbeing. Happy holidays and happy moving! ???