

HEALTHY HOLIDAYS

1 Do as many standing or seated jumping jacks as you can in 1 minute each hour	2 Do as many standing or seated punches or kicks as you can in 1 minute each hour	3 Get on and off the ground—or complete transfers—as many times as you can in five minutes	*4 Treat television commercial breaks as an “Exercise Snack.”	5 Drink 6-8, 8-oz cups of water for three days this week
6 Eat one cup of vegetables every day this week	7 Find a healthier version of your favorite holiday dessert	*8 Have something green with your holiday meal.	*9 Take a mindful pause today with three deep breaths and check in with yourself.	10 Bring full, mindful attention to one activity in your day
11 Send a text or call to check in on a friend or family member	12 Write down or type three things you're grateful for		13 Do five minutes of gentle stretching or range-of-motion exercises	14 Sit outside or by a window for 10 minutes of fresh air or sunshine
15 Declutter an area in your home	16 Organize your medications or check for refills	17 Add some fruit to a meal	18 Go screen/tech-free for 30 minutes	19 Moisturize your skin after a bath or shower
20 Try a new healthy smoothie	21 Set aside 30 minutes for a hobby you enjoy	22 Water any plants you may have	23 Prep a healthy meal	*24 Get outside for a 5-10 minute walk or push.

4. March/Jog/Run in place (Seated or Standing) during the commercials.
 8. Salad, Brussels sprouts, green beans, or broccoli are great options.
 9. Ask yourself, “How am I doing? What am I thinking? What am I feeling? What do I need?”
 24. Consider doing this after finishing a meal.
 Short duration of low-intensity exercise following a meal can help keep blood sugar levels more stable.

Reminders

These are suggestions, not requirements. Don't push yourself beyond your limits. Rest is productive. During the holiday season, prioritize your well-being and recharge. Don't feel like you have to accomplish everything. These are meant to be fun. Try activities that bring you joy! Celebrate the small wins and enjoy the holiday season!