

## Fit in some fitness



**Maintain your healthy lifestyle this holiday season.**

**WITH HOLIDAY TRAVEL AND BUSY SCHEDULES** (not to mention all the delicious seasonal food), it's easy to fall off the fitness wagon at this time of year. But the festive season doesn't have to mean taking a vacation from exercising and healthy eating.

Not only can maintaining a healthy lifestyle help keep you in shape, it can also lower stress and boost self-esteem, which will make the holidays even more enjoyable!<sup>1</sup> Even when you're not following your regular routine, you can still find ways to stay on track – here are a few ideas.

**Embrace the season.** Whether it's ice skating, sledding, skiing or a good old-fashioned snowball fight, get outside and enjoy the activities that can happen only at this time of year. You'll feel like a kid again and get your heart pumping.

**Find an “accountabilibuddy.”** For many of us, having someone to share an activity with really steps up the motivation. If you are travelling to visit friends or family, or hosting your own guests, find an encouraging partner for a walk, a run or even a pickup game of shinny.

**Plan your workouts.** Don't count on “finding” time to exercise. Instead, plan for it like any other appointment. Whether it's a class at the gym or a solo workout in your living room, putting it in your calendar can really help. The same idea applies on the road: when you're booking a hotel, find one with a pool or a gym, look up a running route in the area or scope out a guest pass to the local gym. Then schedule it in.

**Break up your routine.** Don't have time for your usual two-hour weight session at the gym? Five minutes of jumping jacks in the morning, taking the stairs instead of the elevator, a ten-minute power walk at lunch, and push-ups or crunches while you wait for the kettle to boil can add up to a decent workout.<sup>2</sup> Waiting for relatives at the airport? Try walking lunges up and down the terminal or find a quiet spot to do a few stretches.

<sup>1</sup> [www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389](http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389)

<sup>2</sup> [www.livestrong.com/article/445237-one-workout-vs-several-short-workouts/](http://www.livestrong.com/article/445237-one-workout-vs-several-short-workouts/)

**Be a proactive snacker.** When you're travelling, bring healthy snacks (nuts, protein bars, fruit) so you'll be less likely to stop at the first fast-food joint you find. And if you're heading out to a party, don't go hungry. Fill up on something nutritious beforehand so that holiday buffet is a little less tempting. Going to a potluck? Make your contribution a healthy one – that way you'll have something to enjoy without guilt, and other people will appreciate it too.<sup>3</sup>

**Don't deny yourself.** 'Tis the season for treats – and it is okay to treat yourself once in a while. Some people swear by the “one-a-day” treat rule, which gives them a chance to enjoy without overdoing it. Others find using smaller plates makes them feel satisfied with less food. Whatever approach works best for you, if you're going to indulge, make sure it's something you really want and limit yourself to one serving.

**Drink water.** Not only does sipping H<sub>2</sub>O keep you hydrated and take an edge off your appetite, it's a great alternative to alcoholic or sugary beverages, which can really raise your calorie count.<sup>4</sup> Plus, holding a glass of water keeps your hands busy so you don't mindlessly reach for snacks.<sup>5</sup>

If you miss a workout or overindulge at a party, don't beat yourself up. You can always start fresh tomorrow. Take advantage of the windows your schedule allows, practise moderation and get moving as often as you can, and you'll be ahead of the New Year's resolution crowd come January. ■

*This article is written in consultation with a wellness leader from Tri Fit Inc. (trifit.com).*

<sup>3</sup> [www.webmd.com/diet/10-ways-to-avoid-holiday-weight-gain](http://www.webmd.com/diet/10-ways-to-avoid-holiday-weight-gain)

<sup>4</sup> [www.thestar.com/life/health\\_wellness/nutrition/2011/09/15/liquid\\_calories\\_how\\_pop\\_alcohol\\_and\\_fruit\\_juices\\_are\\_making\\_us\\_fat.html](http://www.thestar.com/life/health_wellness/nutrition/2011/09/15/liquid_calories_how_pop_alcohol_and_fruit_juices_are_making_us_fat.html)

<sup>5</sup> [globalnews.ca/news/1690984/how-to-stay-fit-and-healthy-during-the-holidays/](http://globalnews.ca/news/1690984/how-to-stay-fit-and-healthy-during-the-holidays/)



© 2016 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contractholder and may increase or decrease in value. Manulife, the Block Design, the Four Cube Design, and Strong Reliable Trustworthy Forward-thinking are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under licence.

MK2870E WINTER 2016/2017 AODA

COMPLIMENTS OF