



Stay Healthy
for the
HOLIDAYS

Get Fit by Staying Inside

If the weather outside is frightful, don't fret.

You can still get your workout in. Just follow these simple exercises to tone up in time for holiday parties.

Remember, if you don't have a regular exercise routine, talk to your doctor before starting one.

KETTLEBELL SWINGS

You'll need a light kettlebell and attention to your form to avoid injury. Stand with your feet at shoulder width and your knees slightly bent. Hold the kettlebell in both hands out in front of you. Keep your chest out, shoulder blades back and core tight, then bend at the hips so the kettlebell goes between and behind your legs. Squeeze your glutes and extend your hips, swinging the kettlebell up. Don't go past your chin. Allow the weight to come back between and behind your legs, bending your hips and knees just a bit. Don't let the weight hit your butt. Go straight into the next rep.

BURPEES

If you just heaved a sigh, you know what a great workout these exercises are. Stand up with your feet and shoulder width and your hands at

your sides. Squat down, and, as soon as your hands reach the ground, pop your legs straight back into a plank. Keep your hips in line, then drop your chest to the floor in a pushup. Come back to the plank, jump your feet back to your palms and stand up, bringing your arms above

your head.

STEPUPS WITH REVERSE LUNGE

Find a bench or step that comes up to the middle of your calf. Stand, feet together, in front of it and step onto the bench with your right foot. Push through your heel and

drive your left knee toward the sky. Lower your left leg down and step off the bench. Lunge backward with your right leg.

PUSHUPS

Start in a plank with your hands slightly wider than your shoulders and your feet

slightly closer. Pull your shoulder blades back and down and keep your spine straight. Bracing your core, lower your body by bending at the elbows. Keep your elbows pointing backward. Lower until your arms hit 90 degrees, then explode up to the starting position.



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Wrap Up Holiday Stress

The holiday season can be tough. Days are shorter and to-do lists are longer, and the combination may stretch your nerves to the breaking point. But there's help, this time from the Mayo Clinic. Keep reading to keep yourself sane during the holiday rush.

LEARN TO SAY NO

If your list is getting too long, don't be afraid to turn people down. People will be way more understanding than you think. If you just can't say no, rearrange your schedule to give yourself more space. Which brings us to ...

ACKNOWLEDGE YOUR FEELINGS

They matter. Really. Your feelings are normal and may even be more common than you realize. It's OK to express yourself and you shouldn't force yourself to be happy just because it's the holiday season. And while we're at it ...

SET ASIDE DIFFERENCES

Give yourself a huge holiday gift and bury any hatchets with family and friends. If doing so needs a discussion, set a time for after the holidays. Try to be understanding if other people get upset with



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you or seem distressed. They're feeling it, too.

REACH OUT

Sometimes, the holidays can make people feel alone or isolated. Fight those feelings by getting out into the community, maybe at a church event or a holiday celebration.

Also consider volunteering

for an extra shot of feel-good.

STICK TO HEALTHY HABITS

One thing you shouldn't say no to is keeping up your healthy habits. Get lots of sleep and get regular exercise every day. Before you head out to parties, nibble on something healthy at home so you don't overindulge.

MAKE TIME FOR YOURSELF

More than usual, please. With the extra stress, you might need extra time to decompress. Set aside time for you to relax and breathe. Suggested activities include getting a massage or spa treatment, listening to soothing music, take a walk or read a book.

TALK TO A PROFESSIONAL

If life gets too much to handle, don't be afraid to talk to a doctor or mental health professional. It's not a weakness, it's bravery.

Look for other mental health symptoms, such as poor sleep, irritability, hopelessness and persistent feelings of sadness or anxiety.

Staying Well on the Go

Holiday time means holiday travel for many of us, and that can also mean picking up some unwanted gifts like a cold or the flu. Here are some tips from the University of Texas for keeping yourself well while spreading holiday cheer.

1. Get plenty of sleep. Being well rested can boost your immune system. Grab a few winks when you have some down time while riding in the car or on a layover. And don't forget to rest up before and after your trip. Your body will thank you.

2. Hydrate, hydrate, hydrate. It can be easy to forget to drink plenty of water when you're on the move. But listen to your body. It's saying put down the coffee and pick up some H2O. Carry a bottle of water with you (lots of places have bottle-filling fountains).

3. Eat something. Not a doughnut. Something green and leafy. We know, it's hard finding balanced meals when you're on the road. But with some planning and creativity, you can keep your body fueled up and ready to roll.

4. Wash. Your. Hands. And use hand sanitizer. Anywhere you've got lots of people mov-



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ing through is going to be filthy. Avoid touching your face and wash your hands whenever you're able. Count to 20 while you're washing. Use sanitizer in between washing.

5. Stretch and move

around. Travel often means sitting still for hours on end, which can keep your muscles sore and stiff. Try to get up and move around at least once an hour to increase blood flow and make you feel more refreshed. You can also

sneak in neck and shoulder rolls, back twists and leg stretches, even if you have to remain seated.

6. Stay calm. Travel also means ... challenges. Lost luggage, delayed flights, traffic. Everyone has a horror story.

Stress can negatively impact your health, so try to stay calm no matter what happens. Do breathing exercises to help you calm down. Take a deep breath, hold it, exhale and repeat. Focus on your breathing and stay calm.

Seasonal Affective Disorder

Seasonal affective disorder is a type of depression that comes and goes along with the seasons, typically starting in late fall and retreating during the spring and summer. It can be treated with light therapy and other remedies.

SYMPTOMS OF SAD

To be diagnosed with seasonal affective disorder, your depression must show a recurring seasonal pattern for at least 2 years, the National Institute for Mental Health says. Symptoms can include:

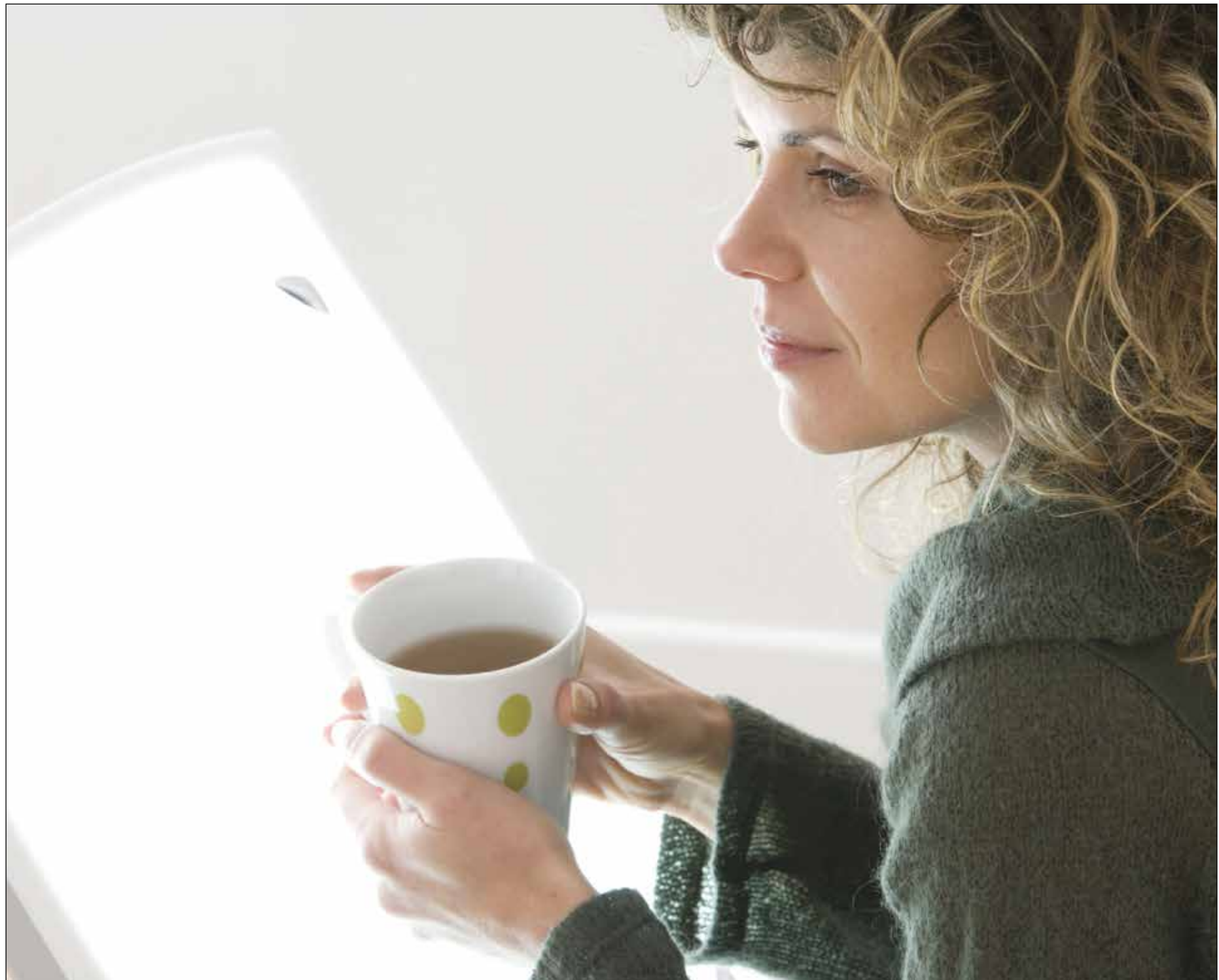
- Low energy.
- Sleeping too much.
- Overeating.
- Weight gain.
- Craving carbohydrates.
- Social withdrawal.

You may also experience some symptoms of major depression. These include:

- Feeling depressed most of the day, nearly every day.
- Feeling hopeless or worthless.

• Low energy.
• Losing interest in activities you once enjoyed.

- Sleep problems.
- Changes in your appetite or weight.
- Feeling sluggish or agitated.
- Difficulty concentrating.
- Thoughts of death or suicide.



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RISK FACTORS

Women are four times more likely to have SAD than men, as are people who live far from the equator. You may also be more likely to develop SAD if you have family members with the disorder, or if

you have depression or bipolar disorder.

Younger people are also more prone to SAD than older people.

TREATMENTS

Fortunately, seasonal affective

disorder is treatable. Your doctor may give you a type of medication called selective serotonin reuptake inhibitors or bupropion, another antidepressant. You could also receive light therapy, where the bright sunshine of spring

and summer is replicated with a type of light box that filters out UV rays but is about 20 times brighter than regular indoor lighting. Your doctor may also recommend psychotherapy or vitamin D treatments.

New Workout Tech

It can be more fun to work out when you've got some new tech to help. Here are four great advancements in technology to keep your health in tip-top shape. Wait. You're not a workout fanatic? Then keep reading for a holiday wish list for those in your life that are.

HEART RATE MONITORS

Serious fitness freaks need a heart rate monitor. These gadgets are either worn on the chest or wrist and they read your heart rate as you work out. Don't use them for monitoring your heart for medical purposes. Talk to your doctor about that. This monitor watches your pulse while you work out, meaning you get to monitor the effectiveness of your heart rate. Depending on which monitor you pick, it may even connect to your favorite fitness apps. New to the market are Bluetooth headphones that take your pulse from your ear as you listen.

SMART FITNESS EQUIPMENT

Last year, we were all tired of the Peloton commercial, but connected fitness equipment isn't going to bed anytime



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soon. In fact, Peloton has expanded its offerings as other companies squeeze into their space. Now you can get interactive workout mirrors, treadmills and more. But be prepared to fork out some moolah — none of these brilliant gadgets are cheap.

APPS, APPS, APPS

There are apps to track what you eat, where you run, where you ride and even how you sleep. You can now track virtually every facet of your health with the right app/wearable combination. Other apps give you access to workouts of

every type with just a tap, so you can take fitness classes in the comfort and safety of home.

SMART WORKOUT CLOTHING

You read that right. New on the market are smart bras,

pants and even socks that give you real time information about your workout. So now your socks and shoes can send data about how and where you ran, as well as information about your form. Which can be useful if you're a serious runner.

Get Started With Yoga

Don't worry. You don't have to bend into a pretzel on your first practice. You also don't really need fancy pants, though if they make you more comfortable, go for it. Here's what you do need: A mat, comfy clothes that you can move in and an open mind.

GO SLOW

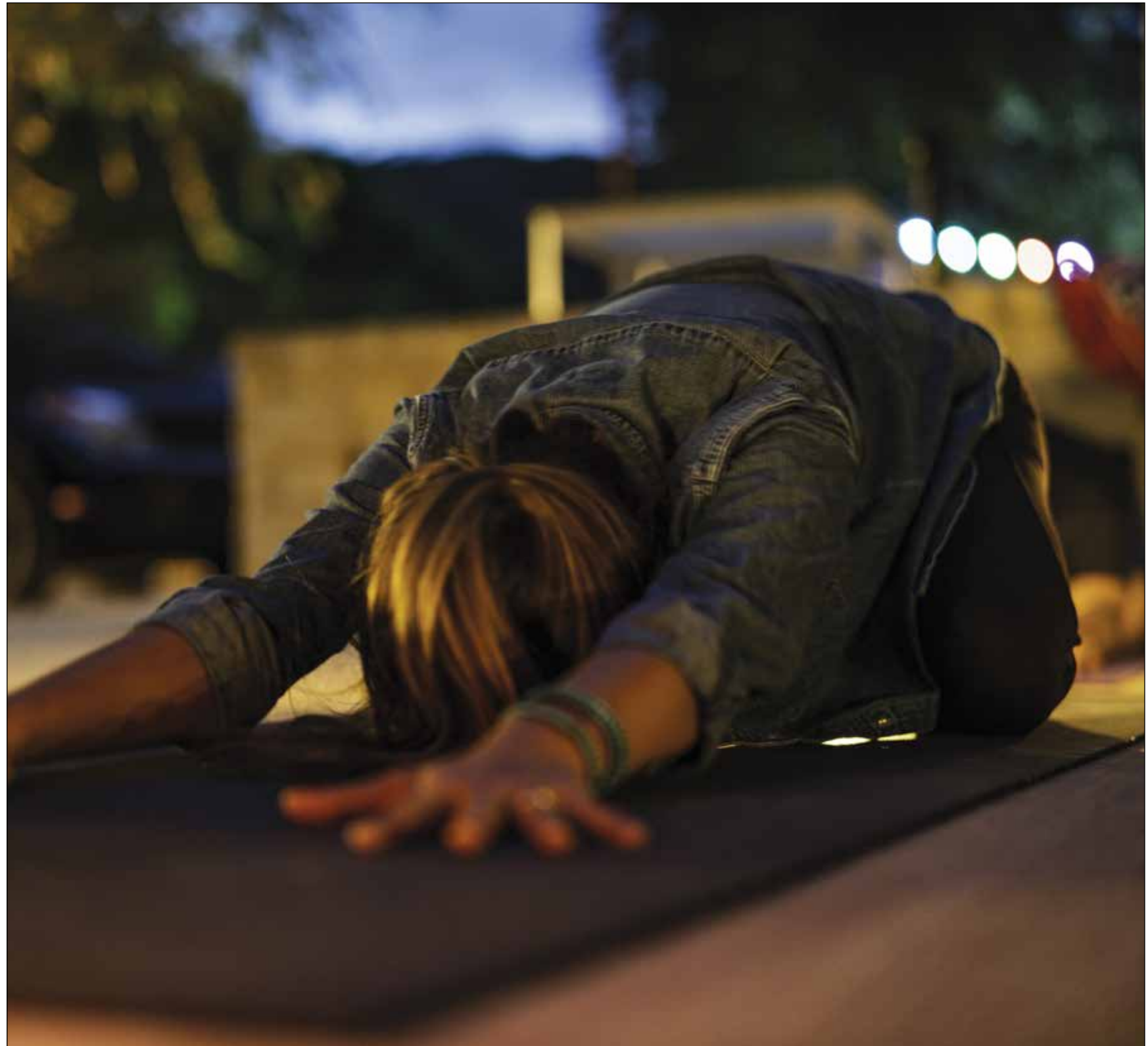
When you're new to yoga, it's important to go slow and make steady progress. Do only as much as you can comfortably, *The Art of Living* says, then stretch yourself a little more. Use your breath as a reference: jagged or uneven breath means you've overexerted. Yoga meets you where you are. If you can't get yourself into a twist or other position, take it step by step until you can. Accept yourself just as you are, then push a little farther to improve.

PRACTICE EARLY

You should practice yoga early, *The Art of Living* says, when your mind is clear and quiet. It also allows you to start the day off with intention and good health, setting a great tone for the rest of your schedule. But don't use not getting up early as a reason to skip out. You can do yoga any time of day.

TRY AN EMPTY STOMACH

The Art of Living recommends trying to practice on an empty stomach or at least 2-3 hours after your last meal. This lets you be more in tune with your body's feelings and avoid any discomfort from a full belly. You should also



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drink plenty of water after you work out.

DON'T RUSH, EVEN AFTER YOU'RE DONE

Take the time to finish your practice

mindfully and try to leave your daily tasks off your mat. Learn to give your body the space and time to rest, which helps cool you down and relax the mind and body after a yoga practice. Try to

take your practice with you for the rest of the day — in your posture, in your breathing, in your intentions. Enjoy the feelings of peace this can bring you, even when you're not on the mat.



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What Is a HIIT Workout?

Yeah, it's a weird acronym. It stands for high intensity interval training. You go all out in quick, intense bursts followed by recovery periods.

This routine keeps your heart rate up and burns fat as it speeds up your metabolism. It's also quick and doesn't even require a gym, a bonus if you're trying to keep up your workouts and maintaining social distancing.

HOW LONG DO YOU HIIT?

These type of workouts last from 10-30 minutes. You typically complete HIIT workouts in rounds, with four to

six rounds in a workout. HIIT workouts can burn 25% to 30% more calories than other forms of exercise.

SOME EXERCISES YOU CAN DO IN HIIT

You can do just about any kind of exercise in a HIIT workout, including burpees, running in place, jumping jacks, situps, pushups and more. Notice that many of these exercises

don't even require equipment, making them perfect for people with busy travel schedules or lives. Studies have also shown that HIIT can even increase your metabolic rate for hours after exercise, even more so than jogging and weight training.

EXAMPLES OF HIIT WORKOUTS

First, you need to pick your activity. Actually, before even that, talk to your doctor and make sure HIIT is right for you. Then pick your activity and your intervals. Here's some exercises to try:

- On a stationary bike, pedal as

hard and fast as possible for 30 seconds. Then, take it slow and easy for two to four minutes. Repeat this pattern for 15-30 minutes.

- After a jog to warm up, sprint as fast as you can, like you're running from zombies, for 15 seconds. Then stand or walk for 30-90 seconds. Repeat for 10-20 minutes.

- Do squat jumps as quickly as you can for 30-90 seconds. Then stand or walk for 30-90 seconds. Repeat this for 10-20 minutes.

Remember, this is your workout, so do what feels good and makes sense for you.