



DECEMBER 2018

EXERCISE DURING THE HOLIDAYS AND ENJOY THE SEASON MORE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Eat breakfast! It boosts your energy and mental focus. Plus, breakfast eaters consume less calories throughout the day than people who skip this meal. https://greatist.com/health/healthy-fast-breakfast-recipes</p>	<p>3</p> <p>Park further away. When it's fun, it doesn't seem like exercise.</p> <p>Walk from back of Denny's parking lot = 25 steps</p>	<p>4</p> <p>Go nuts. Almonds, cashews, hazelnuts, pecans, peanuts, and pistachios all contain healthy monounsaturated fats that lower your risk of several diseases.</p> <p>Yoga 8:30AM</p> 	<p>5</p> <p>Know your "red flag" menu words: AVOID items described as battered, breaded, buttery, cheesy, country, creamy, crispy, fried, loaded, and stuffed.</p> <p>Mystery Book Club 5PM, Algoma Public Library</p>	<p>6</p> <p>Enjoy a 30-minute walk with your family and friends after your holiday meal!</p> <p>Yoga 8:30AM</p> 	<p>7</p> <p>Stay active. Don't mistake being "busy" for being "active". You still need to exercise at least 30 minutes each day. Break it up into few smaller sessions throughout the day</p> <p>First Friday: Art In Algoma 5:30-8pm</p>	<p>8</p> <p>Know your "green flag" menu words. Healthy foods are described as baked, boiled, broiled, fresh, grilled, light, multi-grain, poached, reduced, roasted, or steamed.</p>

Week 1 Survival Tip: Fitting in exercise

- Try to incorporate aerobic, resistance and flexibility training into your week.
- Enjoy the season Take some time to do your favorite winter activities: sledding, skiing, ice skating, etc.
- Stay accountable by finding a coworker, family member or friend to exercise with on a weekly basis.
- Wash your dishes by hand and do other house cleaning by hand. Machines may be there for efficiency, but you can save energy costs and burn 45 calories in 20 minutes it takes you to simply wash the dishes.



ICE RINK at PETERSON PARK- Check the Youth Club Facebook page or call 920-487-5480 for updates on rink and warming shelter

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