



# MAINTAIN DON'T GAIN CHALLENGE

Simple Ways to Sneak in Fitness

## SIMPLE WAYS TO SNEAK IN FITNESS

The holiday season is one the busiest times of the year. Between parties, traveling, baking, and shopping, there's not much time for exercise. And this is the season when you need it the most. It can help you beat stress, boost energy, and burn off all those homemade cookies.

In this week's email, you'll learn a few smart ways to fit in fitness. Every step counts on your mission to manage your weight!

- **Move more.** Use the stairs. Take a stroll at lunch. When you run errands, walk as much as you can. Basically, anytime there's a chance to move, do it.
- **Make it social.** Start a walking group at work. Keep your dog happy with a quick run. Catch up with an old friend or family member while you boost the health of your heart.
- **Break it up.** If you don't have time to exercise for 30 minutes, split it up into two 15-minute workouts or three 10-minute walks. You will get the same health benefits.

Exercising doesn't have to be a chore! Find ways to spice up your routine and make being active and getting fit a fun thing!

Don't forget to share the ways you incorporated fitness into your everyday with #UCIMDG2018 on social media to connect with fellow challengers!



### THIS WEEK'S WEBINAR

- [Running on E: Adding Energy, Passion and Fun to Your Life](#)



### THIS WEEK'S TIPS

- [Flyer \(PDF\): Getting fit is easier than you think](#)
- [Flyer \(PDF\): Exercise at work and home](#)
- [Flyer \(PDF\): Seated workout](#)
- [Article: How to start exercising and stay motivated](#)



### THIS WEEK'S RECIPES

- [Spiced pumpkin stew](#)
- [Black bean brownies](#)



### ADDITIONAL RESOURCES

- [Sign up to join Healthy Nurse, Healthy Nation](#)
- [Try a Wellness Adds Up video](#)
- [Visit UCI Campus Recreation](#)
- [Join the UCI walking incentive program Step Up UCI](#)



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