

UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

SIMPLE WAYS TO SNEAK IN FITNESS

Heading into the holiday season is one of the busiest times of the year. Between decorating, 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 yummy holiday treats. Every step counts. Make being active a personal priority.

Make a plan to get a head start on your fitness goals this holiday season. Here are a few ways to fit in fitness:

- **Move more.** Stretch. Park farther away. Get outside. Leave your workspace for lunch and breaks. Stand or use the stairs, if able. Deep clean or organize your workspace and/or home. Basically, anytime there's a chance to move, take it.
- **Make it social.** Start a walking group. Join a group fitness class. Connect with friends and hold each other accountable using fitness apps and devices. Keep your dog, or your neighbor's dog, happy with a walk. Catch up with an old friend or family member by running errands together.
- **Break it up.** If you don't have time to exercise for 30 minutes, split it up into two 15-minute sessions, three 10-minute bouts, or even ten 3-minute breaks. The key is to try to schedule time in your day that works for you.
- **Make fitness fun.** Challenge yourself to find ways to spice up your routine. Plan a trip to an amusement park. Move to your favorite music. Play games that get you active.



THIS WEEK'S TIPS

- [Flyer \(PDF\): Keep exercise on your to-do list](#)
- [Flyer \(PDF\): Getting fit may be easier than you think](#)
- [Article: Keep your body and mind healthy with exercise \(Español\)](#)



THIS WEEK'S WEBINAR

- [Get Moving, An Introduction To Exercise](#)



THIS WEEK'S RECIPE

- [Multi-grain chicken soup](#)



ADDITIONAL RESOURCES

- [Visit the UCI Anteater Recreation Center on campus for a 2 week free trial](#)
- [Join Step Up UCI, UCI's physical activity incentive program for employees](#)
- [Try a Fit Squad fitness class at multiple UCI locations](#)
- [Join a guided Wellness Wednesday Walk on campus](#)
- [Explore resources to help you move more at UCI](#)

UPDATE
YOUR
TRACKER



UCI Wellness Listserv. Questions or Comments?

Contact your local Wellness Program Coordinator:

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