

#### HAPPY HOLIDAYS

## Festively Fit: Staying Fit Over the Holidays

Are you fearing this year's holidays? Are you wondering how you will handle the challenges of being confronted with mountains of delicious food, endless parties and crazy schedules? Unfortunately, these worries and fears often lead to complete resignation, which causes people to give up all regular routines, self-discipline and otherwise manageable self-restraint related to health and fitness. This, in turn, can result in guilty consciences, sick stomachs, sleepless nights, sluggish bodies and bad attitudes.

### The Good News: There is a Better Way!

If all this sounds familiar, your first step is to change your mindset. Practicing sound nutrition, health and fitness habits is vital to life-long wellness. Healthy eating, effective physical activity and regular rest are practices that should become part of who you are and essential to your daily life, just like brushing your teeth or taking a shower. This shift in mindset sets the stage for greater self-empowerment and self-confidence, as well as a transition in focus of control from external to internal.

The key is to recognize that you have the power to transform your life and live it to the fullest during times of joy, trouble, hardship, success, holidays and festivities by applying key foundational behavioral principles. When you do that, you won't get bogged down with seemingly endless challenging choices in every situation.

If you make the following key foundational behaviors a priority, circumstantial, seasonal and unexpected events won't have the power to derail you. Each "Festively Fit Tip" showcases an example of how you can apply these behaviors in real situations and stay fit over the holidays.

**Drink water.** Choose to drink water over anything else. Cold or hot herbal teas are a good option, too. Drink two cups of water when you first wake up in the morning and when you feel hungry outside of your regular mealtime/regular snacks.

**Festively Fit Tip:** When you arrive at a holiday party, drink two cups of water or herbal tea before you start eating.

**Move more, sit less.** If you have the option of standing versus sitting, stand. If you have the option of walking versus driving, walk. If you have the option of moving about versus standing, move about. Daily physical activity and structured exercise, including cardio, strength and flexibility exercises, are a part of a healthy daily routine.

**Festively Fit Tip:** When you attend a holiday party or an event, find a way to avoid sitting for the majority of the time (move about the room, start a dance party, etc.).

<https://www.acefitness.org/resources/everyone/blog/7139/festively-fit-staying-fit-over-the-holidays/>



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See calendar on other side to  
see what is going on this week

## Finding Time for Fitness

Finding time for fitness over the holidays may be hard because of the cooler weather and busy schedules. Including physical activity during the holiday season can help you prevent weight gain and release stress. Here are three tips to help you fit in fitness over the holiday season.

### Tip #1: Schedule activity into your daily routine

Schedule your physical activity in advance by putting it on your calendar and treating it like an important appointment. Incorporate physical activity you enjoy doing at the most convenient time to accomplish your fitness goals during the busy holiday season.

### Tip #2: Incorporate easy activities to get moving during the holidays

- Park at the far end of the parking lot
- Take extra laps around the store before checking out
- Use the stairs instead of escalators
- Include mall walking to enjoy the decorations while window shopping
- Dance to your favorite holiday music
- Work out at home to an exercise video

### Tip #3: Create healthy holiday traditions

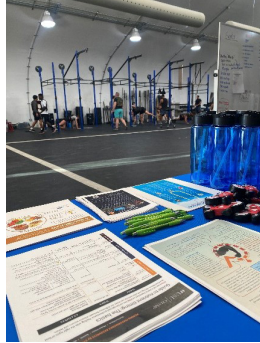
Adding seasonal activities to your holidays can be fun and also create healthier holiday traditions. Walk around your neighborhood instead of riding in your car to look at holiday lights and decorations. After a holiday dinner, organize a walk, basketball or football game to catch up with family members while incorporating fun physical activities.

<https://food.unl.edu/article/finding-time-fitness-over-holidays>

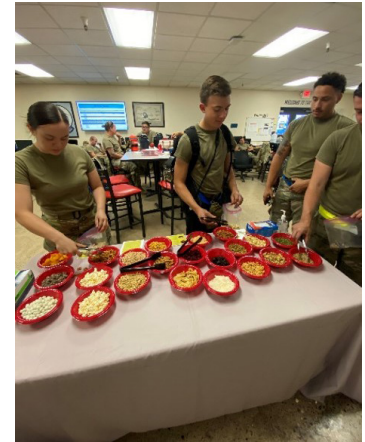
## HeRO Spotlight: Luke Physical Fitness Events



Luke’s Health Promotion team partnered with the Bryant Fitness Center at their National Physical Fitness Month events including: a Wellness Expo, Power Lifting Competition, and The Murph event; providing nutrition and hydration education on how to properly fuel for fitness.



Luke’s Health Promotion Dietitian, in partnership with the Operational Support Team, provided a make your own healthy trail mix table at the 309th AMU and the HP/OST team led a hike on South Mountain for the 309th AMU Airmen.



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.afmra-hpo@health.mil](mailto:usaf.jbsa.afmsa.mbx.afmra-hpo@health.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE’S WHAT’S GOING  
ON WHERE YOU LIVE

Your Local Health  
Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday