

## Tips to Keep Fit During the Holidays

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An endless parade of parties featuring sweet treats, cookies and cakes can often make it difficult to stay on track with fitness goals during the busy holiday season. With some planning, mindfulness and enjoyment, it can be simplified this year. Lead Trainer Adam Maielua of The Body Lab shares his tips on keeping fit despite the temptations.

It's important to remember that the holidays are about maintaining, not setting goals, says Maielua. New goals can be the focus of the New Year. During these winter months, try to change up your fitness routine by doing different activities at different times at different locations.

It's much easier to stay motivated to stay in shape during the holidays if you're having fun. Do this by encouraging family and friends to participate in mini fitness challenges to reward and hold each other accountable for staying active. This can make fitness goals feel like less of a chore and more of a game, which can definitely help boost any diminishing motivation.

"We show more initiative to take care of ourselves when our mood is elevated," says Maielua.

As for maintaining a balanced diet amongst all the temptations, Maielua says it's important to indulge. This can be countered through meal planning. Eating lighter, faster-digesting foods throughout the season, especially on the day of a heavy holiday meal, will help even out calories for that day and the rest of the week as well.

"Physical health won't happen without mental and emotional fitness," Maielua says. "Have fun enjoying the holidays, but prepare for it."

One thing that many may not think about during the holiday season is gifting fitness to others. During this time of year, giving is better than receiving and Maielua says that you may be surprised how much more rewarding it is for yourself when you focus on gifting fitness to someone else.

After making it through the holidays, many people tend to set health and fitness goals for the New Year. This "New Year, New You" concept may require a new routine as well, says Maielua. Instead of comparing progress to what we "used to be good at," commit to learning something new and you will be pushed much farther.