

Fitness Tips

for the *holidays*

Plan Ahead

Schedule your workouts to ensure they fit into your day.

Sign Up for a Holiday Race

Have fun and increase your accountability.

Go Small

Break your workouts into smaller chunks if you don't have time for a full session.

Reward Yourself

For additional motivation, plan a reward if you meet your fitness goals for the season.

Be Creative

Find alternative ways to stay active: Use the stairs, go play outside, and get competitive.

Log Your Food and Fitness

Even with all of the holiday meals, keep track of your nutrition to stay accountable.

Get a Workout Buddy

Having a workout partner will keep you motivated and committed.

Hydrate

Don't forget to drink your water!