

SOUTHERN KEEPS MOVING!

Congratulations, walkers! If you have been walking with Southern On The Move since September you have now passed the time it takes to make regular exercise a new habit! Don't stop now! Through the winter break keep moving outdoors (if weather permits), at your local YMCA or Parks and Recreation Dept., or in your home with a good exercise video. The following are tips to *healthful holiday eating, staying motivated to exercise, and maintaining the progress* you have already worked so hard to achieve.

HEALTHFUL HOLIDAY EATING: Planning ahead will help you avoid the weight gain that seems inevitable at this time of year, but isn't. Keeping exercise levels consistent or increasing them a bit will allow you to indulge in a moderate amount of those once a year sweets and treats and family favorite foods. If your goal up to this point has been weight loss, modifying it to weight maintenance can help you avoid the, "I'm so bad for eating all those bad foods, I might as well not exercise since it's not going to help anyway," negative attitude traps that we fall prey to over the holidays. Remember that if you eat more than you usually do and exercise less than you usually do you will gain weight.

TIPS FOR SUCCESSFUL EATING AND EXERCISE OVER THE HOLIDAYS:

- Set realistic goals and objectives that can be modified once the holidays are over.
- Plan, plan and plan some more .Plan what you will eat and how much. Plan how often, what type and with whom you will exercise. Have a back-up plan as needed.
- Weigh yourself regularly to keep any gains to a minimum.
- Try to control your responses to holiday stress in whatever ways work for you. Remember exercise can help with this, as well as adequate sleep and an overall healthy diet.
- Enjoy your free time.
- Come back to SCSU with a renewed attitude towards fitness and health in the New Year! And remember we'll be here to help in '09 with new programming, including a dietary component to your walking regime-details to come!

STAYING MOTIVATED TO STAY ACTIVE

- **Find a buddy** – joining up with a friend can give you that extra motivation to stay committed.
- **Keep up with your log** – seeing your accomplishments on paper can be a great motivator.
- **Mix things up** – change places where you walk to keep things interesting and fresh.
- **Have Fun** – take along your favorite music.
- **Reward yourself** – an incentive can be a great motivator – a new outfit, a piece of jewelry, dinner out, etc.
- **Use your imagination** – visualize how it would be to be in shape, focus on the positive – picture yourself feeling energized after your workout.
- **Bring a four-legged friend along on your walk** -Take your dog or the neighbors' dog along for your walk for companionship. Your pet will thank you for including them.
- **Add extra steps to your day** -Take the stairs instead of using the elevator, walk to your co-worker instead of emailing, or park further away than usual.
- **Keep comfortable** -Be sure to wear comfortable walking shoes as well as the right clothes for the weather. With the winter weather approaching be sure to bundle up in multiple layers-including a hat to keep your head warm.

*** Remember, you don't need to dedicate an entire 30 minutes at once to exercising.*

Breaking up your exercise routine into three 10 minute sessions is just as effective and can make exercise seem like less of a chore. Try this quick routine:

- Minute 1 - Warm up with a brisk walk (outside or around the house)
- Minute 2 - Jumping jacks
- Minute 3 - Jump rope (pretend if you don't have a rope)
- Minute 4 - Run as fast as you can for 1 minute (in place or outside)
- Minute 5 - Ski hops: Stand with feet together, bend knees and jump a few feet to the right and then left, landing with bent knees. Repeat cycle.

MAINTAINING YOUR PROGRAM

- Make an appointment with yourself—write it in on a calendar. You wouldn't miss a doctor's appointment, so give YOURSELF the same level of importance!
- Add variety to stay interested: try snowing shoeing (a great calorie burner!), an exercise class or video, vary your walking/hiking paths--A change of scenery adds variety and keeps you from getting bored.
- Exercise Whenever you can
 - Wear your pedometer while you're shopping
 - Park at the opposite end of the mall
 - Cut down your own Christmas tree
 - Go for a family walk after a big holiday dinner
 - Do a couple laps around the mall before you start your shopping
- Plan active events with your family
 - Walk around the neighborhood to look at holiday decorations
 - Build a snowman with your kids
 - Shovel snow with the family – it will get done a lot quicker, and be more fun!

Join Us **DECEMBER 10th** at **CONN HALL 11:30am-1:30pm** for a

SOUTHERN KEEPS MOVING Celebration!! Learn easy exercises to do at home, take away other ways to stay well during winter, and meet with our Dietitian to find out the best food choices to reach your goals!! Games, prizes and free gift at Conn Hall for all **SOUTHERN ON THE MOVERS** who attend!!! Make sure to 'check in' to receive your goodies and complete our mid-program survey. You can also turn in your activity tracking sheets to be eligible for program grand prizes.

LAST GROUP WALK OF THE YEAR: MONDAY 12/8 12:30pm –meeting place will be listed on our website Monday morning! www.southernct.edu/onthemove