



# FIT FOR THE SEASON

In addition to holiday cheer, the season to be jolly often brings some extra—and usually unwanted—pounds. If staying fit during this time of year is on your mind, here are some tips to keep you pointed in that direction.

tips

fitness

- Work out as early in the day as possible, before other tasks pop up. If you can bike before breakfast, walk at lunchtime, or hit the gym right after work, you're free to accept that last-minute dinner date.
- In your daily planner or PDA, schedule time for the gym or a workout. You're more likely to stick to it if it's written down and you make your plans accordingly.
- There will be days when you want to enjoy the holiday food and fun, and go ahead, indulge a little. But don't let those festive days turn into party weeks. Get back to eating healthy the next morning.
- Invite a friend to work out with you. See if she'll split a personal training session or join you for a class. And before you go, shop for some great active wear from Asics for yourself or as a gift for your friend.
- If you can't squeeze in a class or workout, try a brisk walk before or after dinner. Or scrub a floor—housework burns lots of calories.
- Give a new activity a try. If you usually work out on the Stairmaster, try the rowing machine. Suggest a bowling party for your office or a game of touch football in the park.
- Don't starve yourself before a party. Have a light, healthy meal first. That way, if the food offered is way out of bounds, you'll be satisfied with just a sample.
- At a party, drink a glass of water for every glass of wine or cocktail you have. This will help avoid dehydration and empty calories.
- Wait until the New Year to set a weight-loss goal. Think maintenance and activity during the holidays. Otherwise, you'll set yourself up to fail.
- Reward yourself with non-food items like flowers when you pass up those holiday cookies or the box of candy someone sent to your office.
- Get plenty of rest. You've probably got a lot going on, so maybe you need a 20-minute "power nap" before you go dancing.



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