

Get Moving...

Have a Fit Holiday



FIT CITY FOR WORKSITE WELLNESS

Work Out Your Stress with Physical Activity

FIT CITY WORKSITE WELLNESS
www.fitcitychallenge.org

There are many benefits to physical activity including: stronger bones and muscles, more energy, better resistance to illness. *But did you know it's also a great way to reduce stress?*

Physical Activity helps you let off steam, distracts you from your source of stress, and improves your mood. Biologically exercise increases the production of your brain's feel-good neurotransmitters, called endorphins, which help to lighten your mood. During stressful seasons of life it is important to be active as much as possible to help your body prevent the negative effects of stress.



Suit Yourself

So what kind of physical activity works best for beating stress? That depends on you — the type of person you are and what you enjoy doing most. The important thing is to get moving!

- **Go Solo.** If you work with many people all day, a crowded exercise class after work might only add to your stress. A walk or a jog round the neighborhood, might be the thing for you.
- **Compete If You Can.** For some people, nothing gets rid of pent-up stress hormones better than an intense game of tennis, racquetball or basketball.
- **Buddy Up.** An exercise buddy could provide the "oomph" you need on days you don't feel like working out.
- **Let Loose.** Try a boxing, kickboxing or a dance class to help you unwind. Try a new fitness DVD at home.
- **Double Up On Benefits.** Some forms of exercise have built-in relaxation techniques. For instance, yoga combines deep breathing, stretching, and meditation.
- **Set Realistic Goals** Be realistic about your fitness goals. Trying to do too much could be mentally stressful.

*Taken from information from AARP.org and Mayo Clinic



Indoor Activities

- Walk (hold off on the shopping) in a mall.
- Use the stairs every chance you get.
- Dance to holiday (or not) tunes.
- Play “Musical Chairs.” Follow the usual rules, except when a chair is taken away, players have to sit on someone else’s lap. This way, no one loses and everyone laughs a lot.
- Play “Santa Says.” Play like “Simon Says.”
- Play “Rudolph Dash.” Cut red noses out of construction paper and attach one to each player’s nose with double stick tape. Divide players into teams. Relay race to the finish line. If the “nose” falls off, the racer must return to the starting line to put it on again.



Outdoor Activities

- Ice skate at the Holiday on Ice skating rink at The Green between Tryon and College streets.
- Walk through Uptown Charlotte to see the holiday decorations.
- Walk to Polk Park at The Square to see colorful lights flash to holiday music.
- Locate a nearby park or greenway and look for signs of winter.
- Play “Candy Cane Relay.” Set a course - around the outside of home, around the block, or somewhere in the neighborhood. Each team member must complete the course holding a candy cane which is passed to the next team member who then runs the course. The first team to get all players across the finish line without dropping (or nibbling) the candy cane wins.





Healthy Gift Ideas

By Bithiah Lafontant, MPH

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Gift ideas to encourage your friends and family to move more:

Assorted Balls Soccer balls, basketballs, volleyballs, tennis balls

Pedometer

CD with upbeat songs

A yoga or Pilates mat along with an instructional video

An introductory session Try out ballet, karate or hire a personal trainer for a month.

Resistance bands

Dance, Dance Revolution (DDR) A dance program that encourages players to get up and dance! Is compatible with most video game programs.

Gift ideas to encourage your family and friends to eat smart:

Hot Air Popcorn Popper

A healthy cookbook or magazine subscription to Cooking Light

Rice cooker and veggie steamer

Salad Spinner

Nonstick pots and pans

Countertop grill

Blender or juicer

Healthy foods themselves

Source: [Eat Smart Move More](#)





**Healthy Holiday
Gift Ideas**