

Welcome to the Holidays! I'm hoping that this message finds you all well, enjoying the true meaning of this time of year; family, and friends.

Are you are looking for a New Year's fitness resolution or maybe you need to blow off some steam after a stressful holiday season? A brisk 30-minute walk can help you calm down. Walking is also a way to bond and have some fun with your family members or friends.

Walking may just be the simplest way to stay active this winter. It improves circulation, mobility and balance, and helps you control your weight. All you have to do is put one foot in front of the other!

Walking stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

Trade some couch time for walking or other physical activities. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep.

Don't let the cold weather keep you from walking. Dress in layers and watch out for ice. In low-visibility and bad road conditions, you don't want to walk where there's traffic. Instead, head to parks, bike paths, high school tracks, or residential streets that draw very few cars. Always wear reflective gear. 🚦



