

Name: _____

Have a Healthy Holiday

Directions: The article “Season’s Feedings” (page 18) talks about ways to keep healthy eating in mind during holiday feasts. But nutrition isn’t the only consideration when everyone’s passing around the fruitcake and eggnog. Exercise is also important.

Being active can mean the difference between enjoying a fun celebration and having a long, boring day on the couch with just the TV for company. You can even work exercise into your family get-togethers. Lisa Corsello, a certified personal trainer in San Francisco, suggests fun ways to stay fit during the holidays:

- Rent an old exercise video. Laugh at the outdated hair, outfits, and music along with your family members while you follow the routines.
- Take hula hoops, jump ropes, and active games such as Twister and Dance Dance Revolution to gatherings.
- Take a walk after dinner, especially if you feel stuffed from eating too much.
- During school vacation, organize your own Olympics by playing different sports with your friends each day. Make it a friendly competition—no medals required.
- While shopping at the mall, take the longest route to each store. Use the stairs—no elevators or escalators.

What other suggestions do you have for combining exercise and fun with holiday activities? Write at least three suggestions here.

—Betsy Dru Tecco