

Name: _____

Have a Healthy Holiday

The article “Season’s Feedings” (page 12) 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 for staying healthy.

Being active can mean the difference between having a fun celebration and spending 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 Laugh at the outdated hairstyles, outfits, and music along with your family members while you follow the routines.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?

What is your favorite holiday food, and how many calories does it have? To find out, look on product labels, in cookbooks, on the Internet, or in the library.

Food: _____

Calories: _____

Using the same resources, find out how long burning off those calories would take doing these activities:

- Walking _____
- Playing basketball _____
- Dancing _____
- Jogging _____
- Bicycling _____

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