

Let's move!!

So, the holiday season is officially here. We hope you all had a pleasant, active long Thanksgiving holiday weekend. It was chilly (well, California standards!), but great "walking" weather if bundled up!! For those of you who still are struggling with finding the time and/or motivation to stay active on a regular basis, I dedicate this week's tip. For those of you already engaged in a regular activity program, hopefully you'll find even more reasons and helpful hints to keep you motivated.

Where do you begin?? Honestly, a moderate walking program is easy, convenient, and doesn't cost you anything beyond the expense of some comfortable walking shoes. Just lace up your shoes, and go out your front door!! If you can get out your door and continue walking for at least five minutes, you will be on your way. The act of getting up and actually out the door takes at least as much if not more energy than it will to keep walking five or ten or eventually 30-45 minutes.

When? That can be difficult, but a walking buddy, flashlight, and reflector vest in the early morning before the family is up or after dinner in the evening is an option. Brown bagging it for lunch and then walking on your lunch hour works for many. Walking can actually stimulate conversation and put people more at ease and open, so a "business" lunch hour walk with an associate can be very productive. Errands on your lunch hour to the post office, bank, dry cleaners, etc. are not only a terrific way to fit in activity and stay fit, but save you the extra hassle and frustration of fighting traffic, finding a parking space, and all the other headaches associated with driving.

Need help to follow through? Make a plan to meet one or several like-minded friends to join you for your activity. Consider starting a noon walking group at work or with other moms or dads to meet after you drop the kids off at school in the morning or an hour before you pick them up from school.

Little changes add up! Taking the stairs instead of the elevator (which sometimes even means walking out of your way to find the stairs!), parking at the other end of the parking lot from the entrance of a store instead of waiting for a closer parking spot, racing your kid(s) to the front door, back to the car, etc. The kids will love your spontaneity! Even just five minutes of activity here and there five times during a day will add up to three hours of activity a week!

For those of you not yet where you want to be with your activity, don't wait to make a new year's resolution that isn't going to stick anyways, **JUST DO IT!!!**