

# MAINTAIN, DON'T GAIN

## HOLIDAY CHALLENGE

### Willpower Tip #4

### Keep Moving



We don't have to kick like a Rockette to balance our holiday intake with output! Here's a few extra tips to consider this holiday season.

- ◆ Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food for awhile.
- ◆ Partner up: If you're home for the holidays, call up a friend or family member for a gym date or a home workout with our favorite partner exercises, including medicine ball lunge-to-chest passes, and clapping push-ups.
- ◆ Move it and lose it: Make a conscious decision to get more steps into the day by taking the stairs or parking the car far away from the grocery store entrance.
- ◆ Keep moving: Exercise is even more important for maintaining weight loss than for taking off the pounds in the first place. Exercise is also essential in helping you cope with stress.

### Why not put a holiday spin on these family games?

**Relay Races:** With just a little advance prep, you can entertain your elves with a relay race suitable for kids and adults. Some can be done indoors and some require no props, and almost all can be adapted to fit the theme of your party or gathering.

**Tag Games:** Like relay races, many tag games can support your party's theme, either as-is or with some creative rethinking. For example, the old classic Red Rover could be easily changed to Reindeer Rover.

**Backyard and Playground Games:** These classics are extra fun when you have a big group of party guests to join in. Some families enjoy a traditional family football game while others may be interested in a cool spin on hide and seek. Just make sure to add that extra layer of warmth, just in case you pick a really good hiding spot!

Copy and paste the link below for a delicious Winter Stew recipe:  
<https://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/winter-stew>

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