

Health Tip of the Month

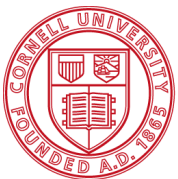
Exercise during Holidays

Most adults gain some weight during holidays. Exercise is an effective way to prevent weight gain. You don't have to go to the gym to be active.

There are many things you can do during holidays to get 30 minutes of exercise daily.

30 minutes daily:

- Play with your kids
- Dance at a party
- Stretch or jump indoors
- Walk with family or friends after a big meal
- Help with housework
- Climb stairs
- Explore a new shopping mall
- Visit new neighborhoods
- Bring your family to the park



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Worksite Wellness Initiative: brought to you by Xiaomeng Li, Dietetic Intern
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