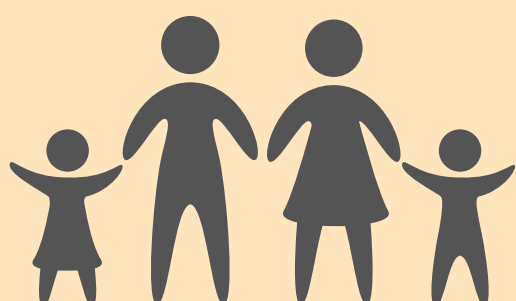


TIPS FOR PHYSICAL ACTIVITY DURING THE HOLIDAYS



Get the whole family involved in a group zoom class.



Play your favorite holiday music while on your feet cooking & cleaning.



Use time efficiently by exercising at a higher intensity but for less time.



Try to organize a virtual holiday or New Years Eve 5K with friends & family.



Trying your very best at any level of physical activity is beneficial for your health compared to not taking the time for any exercise at all.

Make time for you this holiday season!

FOR SOME HOLIDAY THEMED EXERCISE IDEAS, [CLICK HERE!](#)