

# THE SUN CHRONICLE

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## Baby, It's Cold Outside ...

### Don't Let Your Workout Routine Go Cold, Too.

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It's the middle of December and we are in the thick of all the holiday festivities. Have you noticed your waistline getting a bit thicker as well? Unfortunately, you're likely not alone. Folks tend to overindulge and under exercise this time of year making it the perfect combination to pack on a few pounds.

Everyone's calendars are full this time of year, between gatherings with friends and family, work deadlines and the dreaded task of holiday shopping, it's easy to take exercise off your list of things to do. While it may be easy, it's not the best thing for your health.

Be aware that your holiday schedule may impact your exercise routine, but don't let it derail it. Make adjustments — if you know you have a holiday gathering in the evening during your regular workout time, set your alarm clock earlier that day and start your morning with some exercise.

Schedule your workouts in your calendar, that pesky alarm telling you to go workout may be all the convincing you need to not bail. If you need more accountability, share your exercise goals with your loved ones, you'll be more apt to stick to them if people are asking you how your fitness journey is going.

This time of year the combination of shorter daylight hours, cold weather

and tempting holiday eats can make your workout seem, well, boring. If you're bored, you're less likely to stay committed. Try mixing up your routine this time of year to keep it fresh and to keep your body guessing.

If you know you typically fall off the fitness bandwagon during this time of year, try incorporating home workouts.

Don't be tempted to put it off till the new year, be diligent, set aside a space and determine what your workouts

will look like.

"Body weight exercises such as lunges, squats and push-ups are great ways to get your body moving and keep it strong," says Sherri-Lee Cahill, exercise program coordinator at Sturdy Memorial Hospital in Attleboro.

There are a number of great DVD and streaming workouts available as well. Having the option to work out at

home may keep you more committed.

Remember, despite the myths — exercise can be enjoyable and even better, you can incorporate it in time spent with your family. This season, while cold and bitter, does bring its own set of fun outdoor activities. Plan a day to go ice-skating, skiing or sledding. These activities are good for your body while being fun. When shopping, park your car farthest from the entrance and take the stairs instead of the escalator.

"Every little bit counts," Cahill says. "If you skip a workout, forgive yourself — it's OK, just don't let the holidays be your excuse to get out of your health and wellness routine."

Sturdy Memorial Hospital offers a Wellness Exercise Program, an eight week medically supervised exercise program for those looking for assistance in getting their exercise program started. For more information, call, 508-236-7391.

