

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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INSPIRE TO MOVE - Keep Moving this Holiday Season!



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By Colleen Crawford

In the season of giving, it is easy to leave one important person off your list – yourself! Give yourself the gift of good health this month with a consistent movement routine! Keeping your wellness as a priority this time of year will be a gift to your loved ones as you will all reap the benefits of a healthy body, relaxed mind, and cheerful mood.

As the end of the year closes in and the weather turns cold, how do you make time for movement? It may be helpful to block time off on your calendar as you would for any other important appointment. Putting this tip into practice not only ensures that you have the time to exercise (whether it's five minutes or 60) built into your day, but also spotlights the importance of your wellbeing. Some people have success with setting an alarm

throughout the day signaling that it's time to get up and move for a few minutes. This can be especially helpful for those who work at a desk and tend to work for hours without leaving their chair. There are a lot of resources that can help remind you to get up and move. Check out this [list of 17 smartphone apps](#) that may encourage you to move more. You might benefit from finding one that best works for you.

For those who thrive on a little competition, consider challenging friends or family members to keep up with you this holiday season. A simple spreadsheet can track the progress of each challenge member and can be easily customized to suit the goals of your group. You could also use a free app, such as [Stridekick](#), to track activity via your phone, wearable device, or even manual entry, and invite family and friends to compete in a challenge of your choosing. The accountability of sharing your daily activity with a group is a great way to push yourself and offers

the added bonus of keeping in touch with people you care about. Your encouragement could be the perfect gift!

If you're someone who has yet to discover joy in movement – keep trying new activities! And remember that your mindset can be a powerful tool in developing a movement routine you will enjoy. Switching your perspective from “I HAVE to exercise” to “I feel GOOD when I exercise” can be a pivotal step in your wellness journey. You can also get creative with holiday-themed goals to keep things interesting. For example, you can challenge yourself to get up and dance every time your favorite holiday song comes on or do 10 squats each time you receive a holiday card in the mail. The possibilities are endless, and most importantly, they can be FUN!

In staying active this month, your greatest gift to yourself will be moving into the New Year with the momentum to continue on the path of wellness into 2021.

