

# Have a healthy holiday



Photo courtesy/Debra Borchert

Several women work out at Curves. Regular exercise can help combat holiday weight gain, and leads to a healthy lifestyle.

## Tips for keeping fit in between the turkey, yams and pumpkin pie

BY DEBRA BORCHERT  
for *The Puyallup Herald*

Obesity is now an epidemic and health experts recommend an hour of exercise every day. How do you maintain healthy eating habits and fit in exercise among holiday celebrations, shopping, cooking, gift-wrapping, partying, and more shopping?

1. Add exercise events throughout your day.
2. Don't deny yourself holiday treats, just regulate them.
3. Little successes instill confidence, so make your goals realistic and obtainable.

### Tips for squeezing exercise into your schedule:

1. Park at the end of the lot. Those may be the only spaces available, but you'll also get the benefit of a five-minute walk.
2. Take the stairs, skip the elevator and escalators. Subtract another five minutes.
3. Early for an appointment? Get out of the car and walk around the block. Subtract five minutes and you're down to 45 minutes.
4. Walk to the next bus stop to wait for the bus and get off a stop early. Subtract 15 minutes.
5. Drop in at one of the

a 30 minute workout that combines strength training and aerobic exercise and burns up to 500 calories.

### Holiday nutrition tips:

1. Have one glass of punch or eggnog, then switch to water or herbal tea.
2. If you can't resist the fabulous dip, use raw veggies instead of chips and crackers, you'll be getting more nutrition and less carbohydrates and fats.
3. A tiny bit of whipped cream topping goes a long way.
4. Grab a salad plate rather than a dinner plate at the buffet, there will be less room to pile on the goodies.
5. Enlist a buddy who will support you in your efforts and back you up when you ask for just a sliver of dessert.

### Tips for success:

1. Make goals realistic. Start out exercising two days a week and build up to three.
2. Enlist a buddy who will support you in your efforts and support her efforts, too.
3. Celebrate achievements, but don't berate yourself when you miss a goal.
4. Reward yourself with a massage rather than an expensive dinner.
5. Enjoy the changes you're making in your life. Find an exercise program that is fun

and you'll be more likely to stick with it.

Debra Borchert, of Borchert Communications, can be reached at (425) 653-0885, or by e-mail at [dborchert@mind-spring.com](mailto:dborchert@mind-spring.com).

### Puyallup-area Curves

- **Puyallup:** 1430 East Main Ave., Suite B;
- **South Hill:** 14611 Meridian South; and
- **Sumner:** 5904 Graham Ave.

### About Curves

Busy women all over the Pacific Northwest have found a way to fit 30 minutes of exercise into their hectic schedules. Not only are they losing weight and inches, they're gaining strength and having fun at the same time. At Curves, we call it Quickfit, a system that combines strength training with aerobic exercise and burns up to 500 calories in half an hour.

### About Curves Northwest

Owners from the Seattle — Tacoma area joined together this year with the mission to increase awareness and promote the benefits of Curves membership through involvement in the community and grassroots marketing. For a list of Curves centers, check our Web site at: [www.curves-nw.com](http://www.curves-nw.com)