

FITNESS TIP

STAY ACTIVE DURING THE HOLIDAY HUSTLE

The holiday season often means packed schedules, travel, and indulgent treats—but maintaining a fitness routine doesn't have to be daunting! Here are some quick ways to stay active and prioritize your health:

1. **Plan for Mini Workouts:** Even 10–15 minutes of movement can make a difference. Try bodyweight exercises like squats, lunges, or planks, which you can do anywhere—even while traveling.
2. **Incorporate Movement Into Traditions:** Take a brisk walk after holiday meals, play active games with family, or dance to your favorite festive tunes.
3. **Stay Consistent:** Aim for small but consistent activities rather than skipping exercise altogether. This could be stretching in the morning, a short yoga flow, or using resistance bands for a quick strength session.
4. **Hydrate and Rest:** Proper hydration and sufficient sleep enhance energy levels and performance, keeping you on track with your fitness goals.
5. **Set a Challenge:** Consider a December goal, like hitting 10,000 steps daily or trying a new activity like ice skating, to keep motivation high.

By staying active and making mindful choices, you'll feel energized and ready to enjoy all the festivities!



James LaValle, RPh, CCN, MT

Chief Scientific Office for Life Time Fitness

An internationally recognized clinical pharmacist, author, board-certified clinical nutritionist and educator in integrative and precision health, LaValle has more than 38 years of experience working in metabolic health issues, anti-aging research and advanced proactive patient care management.

LaValle is best known for his expertise in personalized integrative therapies, uncovering the underlying metabolic issues that keep people from feeling healthy and vital, and as a thought leader in drug and nutrient depletion issues. He serves as the clinical co-chair at the American Academy of Anti-Aging Medicine and Chair of the International Peptide Society. As part of his dedication to exploring and advancing metabolic health, he has authored more than 24 books and four databases in the area of natural and integrative therapies.