

# 'TIS THE SEASON TO BE HEALTHY

The season to be jolly is here – and with it are plenty of reasons to veer off track from exercise and healthy eating. Try these tips to stay motivated!

1.

Exercise first thing in the morning. Holiday demands are likely to steal your time, so knock this out first!

2.

Take it outdoors! Build a snowman, go ice skating, or make snow angels.

3.

Family, travel, and finances can increase stress. Breathe deeply!

4.

Change up your exercise. Try something soothing, like stretching, yoga, or Pilates.

5.

Housework burns calories! Cleaning for holiday guests is an opportunity for exercise.

To get started, visit [carefirst.com/sharecare](https://carefirst.com/sharecare)