

## Healthy Holiday Tip #2

### Keep Moving, Moving, Moving...



This holiday season, start a new tradition that incorporates fitness and fun! Take a walk around the neighborhood to look at holiday decorations. Do some gentle stretching (or Santa cross training...) each morning. Exercise is often the first thing to go during busy times; don't sell yourself short this year!!

**Keeping your adjustment schedule = More energy, a more positive outlook, increased range of motion and slowing or stopping the degenerative process.**

---

(Tear here and enter to win!)

Name one physical activity you do to maintain an active, healthy lifestyle.

---

Name \_\_\_\_\_

Answer trivia on Facebook for an extra chance to win!

