5 Ways To Get Out of the Holiday Slump & Start Exercising

When the holidays arrive, it is not uncommon to get into an unfortunate slump where you eat a lot of sweets, take time off work or school, and just want to lay around and watch holiday movies. While this can be okay every once in a while, you should still be getting in a good workout. The following tips allow you to get out of that slump and start exercising.

**1. Go For a Walk**

There are few things that are more motivating than going for a nice walk. Think about it not as strenuous exercise, but just a light stroll. Even if you walk slowly and not for a long time, getting up and moving your body is going to be good for your health, help to release some of your holiday stress, and may provide the motivation you need to start a fitness routine during the holiday.

**2. Partner Up**

Some people will never be able to motivate themselves to get out of a holiday slump, and need someone else to force them to get up. By having a workout partner, this person is going to rely on you to also motivate them, so it works both ways. It also keeps you accountable and makes you feel like you have to workout, instead of it just being a choice. Choose someone who enjoys exercising or needs just as much of a push as you, that way you work together and push each other as much as needed.

**3. Make the Exercise Part of Your Holiday Celebration**

Sometimes, you just need to turn the workout into part of your festivities. There are a few ways to do this. One way is by heading to the mall to do most of your holiday shopping. This requires you to do a lot of walking back and forth, and gives you a reason to walk up and down the stairs, instead of taking an elevator. You are walking from store to store instead of driving, providing exercise while you are also getting your holiday shopping done. For a little boost of walking, part in the back of the parking lot.

**4. Walk to Get Your Treats**

If there is a day during the holiday season when you really want a Grande Iced Mocha from Starbucks or want to hit up Sees Candies for some chocolate, don’t drive there. Instead, promise yourself that if you are going to have an extra treat, you have to exercise while you do it. Either walk to the coffee shop or store with the treats, or ride your bicycle.

**5. Workout at Home**

You may be someone who is just never going to make it to the gym, and that is okay! It isn’t for everyone, and if you force something you aren’t interested in, you probably won’t stick with it. Try to think of workouts that are easier or that you are more inclined to do, such as getting a treadmill and walking on it while watching a holiday movie or walking with your family in the evenings.