

FINISH 2022 STRONG!

The countdown is on – Christmas day is fast approaching. We suggest being mindful – don't 'write off' December and *expect* to gain a few extra pounds. That just makes things harder in the New Year!

Consider how you will stay committed to your health and wellness this month. Excessive eating is not the only cause for the additional weight gain, it's also due to lack of physical activity and exercise.

No excuses – with a proper plan, we can all make some time for exercise. Committing an hour a day to exercising will serve you well. In fact, 20 minutes will work, too.

We urge you to stay focused and disciplined. Not only will investing a small portion of your day give you more energy, but you'll look and feel great wearing those festive outfits!

What's your plan? Here are some wise suggestions for setting realistic goals:

- **Prioritize.** Schedule some time for an activity everyday – create your own calendar, "My month of FITMAS!". Schedule some classes, hit the treadmill or spin bike, lift some weights, run some stairs, or go for a walk outside.
- **Muscle up.** Try to maintain that muscle mass you worked so hard to get. We burn calories by lifting weights – and you might even gain some extra muscle, which is so much healthier than gaining fat.
- **Don't starve.** Eat before heading out to avoid binging on too many treats. Be sure to have healthy snacks on hand to avoid overeating when you go out.
- **Moderation.** Allow yourself some treats over the holidays – but know your limits. Take one and pass the tray on to others.
- **Control.** Regulate your drinking. Alcohol, pop, and juices will not only pack on the calories – you may feel too sluggish for working out the next day.
- **More Water.** Staying hydrated will help you perform better. If you don't drink enough water, your physical performance is likely to suffer. This is often the cause for feeling mentally exhausted, fatigues and reduced motivation. Water satiates your appetite and may prevent a possible hangover if you overdo it with alcohol.
- **Enjoy Yourself.** You worked hard all year! Take the time to enjoy yourself, spend time with your loved ones, and enjoy the beauty of the season.

This year - go for a 'no-guilt' holiday season. Finish the year strong!

We're here for you and make it easy to stay fit. Our Center is open everyday except Christmas Day. Check out our special [Winter Break Class Fitness Schedule](#) for amazing classes – free with membership!

May your workouts be joyful and triumphant!

From all of us at SLSFSC Merry Christmas & Happy New Year!

