

by Chris Reabel

Live your HOLIDAY SEASON to the FULLEST

Staying **Fit + Healthy** in
only **20 minutes a day**

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The holiday season is an exciting time for us all; enjoying quality time with our family and friends, exchanging gifts, baked goods and holiday beverages, filling us with laughter, joy and affection. We also encounter feelings of stress and lack of time; perhaps its that last minute shopping or the start to your shopping, maybe it's the relatives who are visiting, or even the intent to put a few extra pounds around the waist line.

Why not live your holiday season to the fullest and incorporate some simple exercises and a 20-minute full-body workout to keep you fit and healthy?

I'm not a huge fan of "park the car further from the mall entrance" or "don't have a second helping of stuffing" kind of guy... like a few extra steps will get you in shape or a second helping is responsible for your weight gain. Staying fit and healthy is a cumulative effort over the whole year and is about incorporating fitness and exercise into our daily lives.

I am though, a huge fan of working out and maintaining a daily active lifestyle! I'm going to take the closest parking spot that I can find (and not worry about walking the 500 metres), when I have already done my super quick and effective 20-minute, full-body, strength building, metabolism boosting body weight training workout!

Try it yourself for a refreshing holiday challenge! Here are some tips:

- Perform these simple push/pull exercises for 12-15 reps, followed by one minute of jumping jacks (or modified low-impact jacks).

1. Push-Up

Set up with your weight supported on your toes and hands beneath your shoulders, body straight. Keep your core locked tight so a straight-line forms between your head, glutes and heels. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your arms.



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2. Step-up with knee raises

Place a bench in front of you (or use your stairs or steps) and step onto it with one foot. As you plant your foot, drive with your other foot bringing your knee up as high as you can. Lower it back down and step back onto the floor. Repeat on the other side.

3. Single Leg Glute Bridge

Lie on your back with one leg raised in the air.

Thrust forward and raise your hips off the ground as high as you can.

Slowly lower yourself to the floor.



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Clench your glutes at the top of the rep to activate more muscle fibres and see greater growth.

4. V-sit Crunch

Lie down on your back with your arms and legs outstretched and your hands and feet lifted just above the floor. Begin the exercise by simultaneously raising your torso and legs up to touch your feet. Hold for two to five seconds at the top each rep.

► Take each strength exercise to failure-safely of course, really trying to squeeze out an extra rep or two. Those are the high reps that count!

► Jumping jacks can be done like a wet noodle, or you can really get those arms pumping to increase heart-rate and the legs will follow.

► Perform three rounds of the circuit for best results!

► Be sure to warm-up thoroughly with some light to moderate dynamic movement like a brisk walk or walking up/down the stairs for about five minutes to get the blood flowing through the body.

Now go find that prime parking spot and have a wonderful holiday season! ☯