

Staying fit over the holidays

It's holiday time again, when schedules and routines tend to change. However, for people living with Parkinson's one routine cannot change: your exercise.

Here are some tips to help motivate you to keep Parkinson's fit over the holidays.

Plan ahead

If you are travelling, planning can make all the difference. Take some time to think about what exercise options you may have. Here are some ideas:

- 💡 See if there is a walking track or park nearby or look for other local facilities.
- 💡 Check whether your hotel has a gym.
- 💡 If staying with family, ask them what they do locally to keep fit.
- 💡 Talk to your travel companions and suggest doing something active together e.g. hiking.
- 💡 Speak to your exercise professional; they will have travel suggestions for you.
- 💡 Plan your workout schedule beforehand. It might have to change but there is value in committing yourself to exercise.

Be prepared

- 💡 Plan a short exercise routine you could do in your room.
- 💡 Travel with light exercise equipment such as resistance bands.
- 💡 Take your laptop computer and try streaming an online workout. There are a lot of workout videos available on YouTube.
- 💡 If you have guests staying at your home, plan to exercise in the night or morning.

Never miss an opportunity

Even with the best planning or preparation plans can get derailed – particularly over the holidays. If you can't find a time for a workout, try to find ways to keep your body moving any way you can:

- 💡 Walk as much as possible – take extra laps at the mall, use the stairs, or walk the dog.
- 💡 Set up a game of football with the kids, play chasings or hide and seek, swim, throw a frisbee etc.
- 💡 Help with the housework, vacuum, mow the lawn or raking leaves.
- 💡 If everybody's sitting around watching TV, get on the floor for some sit-ups, squats or push-ups. Or try static exercises – squeeze and hold the abs, the glutes or even press the hands together to engage the chest. If you don't have equipment, use your body weight. Doing something is always better than doing nothing.