



### Week 3: Simple ways to sneak in fitness

The holiday season is one of the busiest times of the year. Between parties, traveling, baking, and shopping, there's not much time for exercise. And this is the season when you need it the most. It can help you beat stress, boost energy, and burn off all of those homemade cookies.

In this week's email, you'll learn a few smart ways to fit in fitness. Every step counts on your mission to manage your weight!

**\*Move more.** Use the stairs. Take a stroll at lunch. When you run your errands, walk as much as you can. Basically, anytime there's a chance to move, do it.

**\*Make it social.** Start a walking group at work. Keep your dog happy with a quick run. Catch up with an old friend or family member while you boost the health in your heart.

**\*Break it up.** If you don't have time to exercise for 30 minutes, split it up into two 15-minute workouts or three 10-minute walks. You still get the same health benefits.

If you are looking for a free app to track your daily movement, check out [MOVES](#).

**Matt Plummer**

Safety and Wellness Coordinator  
Marion County Risk Management  
Salem, Oregon  
[503-566-3948](tel:503-566-3948)