



Eat & Live Healthy for the Holidays

# Challenge Day 4: GET MOVING

**TAKE 10-MINUTE ACTIVITY BREAKS, THREE TIMES A DAY FOR BETTER HEALTH\***

Those short bursts will add up before you know it. They will help you maintain your weight during the holidays and put you on the path to developing a regular exercise routine.

**JUST 10 MINUTES OF THESE ACTIVITIES WILL GET YOU STARTED.**



Walk the dog  
40–50 calories



Dance  
55–68 calories



Clean the house  
45–55 calories



Play with the grandkids  
40–60 calories

Walk the mall  
40–50 calories



\*Don't forget to add warm-up and cool-down stretches to avoid injuries.

**ONCE YOU START TO MOVE IT, BE SURE TO SHARE IT!**

Post pictures of your 10-minute fitness activities on Cook County's "Eat & Live Healthy for the Holidays" private Facebook page. If you haven't joined the group yet, click on <https://www.facebook.com/groups/Myhealthconnections/>.



Eat & Live Healthy for the Holidays

# Challenge Day 4: GET MOVING

**TAKE 10-MINUTE ACTIVITY BREAKS, THREE TIMES A DAY FOR BETTER HEALTH\***

If you're already accustomed to a more strenuous workout program, here's what you can burn in 10 minutes.

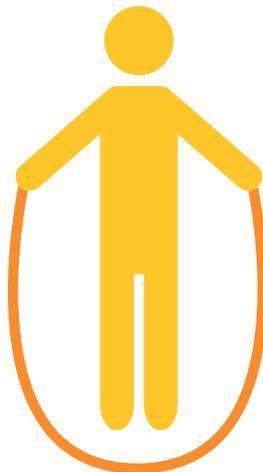
Running  
117 calories  
based on approx. 7:30/mile



Elliptical trainer  
100 calories  
with increased resistance and incline



High-intensity aerobics  
92 calories



Jumping rope  
87 calories

Stationary bike  
90 calories  
at moderate speed



\*Don't forget to add warm-up and cool-down stretches to avoid injuries.