

MOVE A LITTLE MORE EVERY DAY

As an active person, I know that I have been incredibly inactive for the past 2-3 weeks (and oh, the cookies!). I know from experience that the more inactive you become, the more challenging it is to get started again. Don't let the holiday coziness become a winter-long habit. Move your body every day, even if it is just taking the stairs instead of the elevator or doing 50 sets of ab exercises right before bed. An easy way to incorporate movement is to spend 10 minutes upon waking to take your body through some gentle stretches. Not only will it help you feel happier and more limber, but it circulates your lymph which can support your immune system. Take that, winter flu!