

Helen to the Rescue

Getting Festive with Exercise

By Helen Pufahl MS, NASM-CPT Resident Contributor

The holidays are fast approaching, and that can only mean one thing – you’re about to consume more fatty food and alcoholic drinks in eight days than you have all year. The feasts and parties that mark the season can tax the arteries and strain the waistline.

The mouth-watering spread on the dinner table is always so good you can’t help but eat your weight in stuffing and consume enough roast potatoes to fill a swimming pool. I get it! I’m here to help you push through the tough bits. Yes, you can celebrate the holidays without gaining weight! You just need to know how to counteract holiday calories:

Exercising becomes less of a priority as the holiday to-do lists grow longer and longer. Breaking News: staying active will give you energy, reduce stress, and mitigate some of the extra calories.

DECK YOUR HALLS - Go ahead and climb into that attic, carry heavy boxes of ornaments, and put up your decorations. An hour of this could burn a massive 350 calories! (full disclosure this calorie burn is usually my husband’s.)

SHOP AND BURN - Pushing a shopping cart around for half an hour will burn over 100 calories, not to mention the impact lugging heavy shopping bags will have on your upper arms. So be generous this year!

WRAPPING UP - Spending one hour wrapping gifts can burn 120 calories.

LET IT SNOW - According to “LiveStrong” an average person can burn 223 calories per 30 minutes of shoveling.

ROCK AROUND THE CHRISTMAS TREE - Dancing is a calorie-burning machine! You can burn around 195 calories if you dance for half an hour.

FRESH AIR - A one-hour walk after lunch will burn around 280 calories.



CLEAN UP - Cleaning will get your heart rate up! Dusting for half an hour burns around 80 calories, mopping for 15-minutes burns 70 calories. Vacuuming for 30 minutes 120 calories, ironing will burn 80 calories per hour.

COOKING UP A TREAT - Half an hour on your feet preparing a meal will burn approximately 70 calories, and if you are going back and forth to set the table, this will add more calories to your burn count. While cooking, pick-up some soup cans for quick overhead presses.

WAITING FOR SANTA -- As you get some shut-eye on Christmas Eve you are still burning calories. Yes, an average night’s sleep of around eight hours can account for over 400 calories.

Merry fitness and a happy new rear

Yours in Fitness,
Helen Pufahl

Helen’s love of fitness began at an early age. She practiced dance, gymnastics, as well as, track and field. She’s an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Owner: Unique Health & Fitness



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