



MAINTAIN DON'T GAIN

Don't forget to  
[track your  
progress](#)

## 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 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!

### Your Tips:

- **Move more**  
Use the stairs. Take a stroll at lunch. When you run 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 of 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 will get the same health benefits.
- **Check your BMI**  
Aim for a healthy weight and decrease your health risk, find out your [Body Mass Index](#).

### Your UCI Resources:

- Enjoy a few quick [Wellness Adds Up](#) videos throughout your day.
- [Join co-workers for a walk around the UCI Medical Center.](#)
- Use the [Move More](#) campaign materials to help promote adding more movement to your day.



View a past UCI Wellness workshop:  
[The Original Functional Workout](#)



Download a recipe created by UCI Campus Recreation Chef Jessica:  
[Vegetable Coconut Curry](#)



Watch a recorded EAP webinar:  
[Time Management Tools: To-Do-Lists, Calendars, and Smartphones](#)