

HOLIDAY WELLNESS TOOLKIT

MOVE & FEEL GOOD™

Holiday Movement & Energy Toolkit

YOUR HOLIDAY MOVEMENT PROMISE

Small movements. More energy. A holiday season that still feels like you.

Movement during the holidays does not have to be intense, perfect, or time-consuming. This printable toolkit helps you keep movement woven into real life - through travel days, busy schedules, celebrations, shopping, meals, and lower-energy moments.

Use these pages to choose realistic movement that supports your energy, mobility, mood, and overall well-being - without using exercise as punishment for eating.

Dr. Hilda Obi, DNP

The Complete Healthy Holiday Eating, Meal Planning & Wellness Guide

THE HOLIDAY MOVEMENT MINDSET™

Movement Doesn't Have to Be a Workout

Holiday schedules change. Your normal gym time may disappear, travel may interrupt your routine, and some days may simply feel too full. That does not mean movement has to disappear too.

THE GOAL IS NOT TO “BURN OFF” YOUR HOLIDAY MEAL.

The goal is to keep movement woven into your life. Walking while shopping, stretching after travel, taking the stairs when appropriate, dancing, playing with children, cleaning after guests, or taking a short walk all count.

HOLIDAY MOVEMENT MINDSET CHECKLIST™

- I will count short periods of movement instead of waiting for a perfect workout.
- I will choose movement that fits my body, schedule, and energy today.
- I will not use exercise to punish myself for eating.
- I will notice how movement affects my energy and mood - not only calories.
- I will return to movement after an off day without guilt.
- I will remember that consistency can be built in small pieces.

My feel-good reason for moving this season:

THE 10-MINUTE HOLIDAY MOVEMENT PLAN™

No gym. No equipment. A realistic option for busy days.

Choose one block, combine two, or use all three. Move at a comfortable pace and modify or skip any movement that does not feel appropriate for you.

WAKE & MOVE - 10 MINUTES	Easy marching or walking • shoulder rolls • gentle side reaches • sit-to-stand or supported squats • calf raises • comfortable full-body stretching
MIDDAY ENERGY RESET - 10 MINUTES	Brisk or comfortable walking • wall push-ups • sit-to-stand • standing knee lifts • heel raises • one minute of slow breathing to finish
EVENING UNWIND - 10 MINUTES	Easy walk • gentle neck and shoulder mobility • seated or standing hamstring stretch • calf stretch • gentle trunk rotation • slow breathing

MAKE IT YOURS

Low-energy day? Slow down. Limited mobility? Choose seated or supported movements. Short on time? Five minutes still counts. The purpose is to keep your body engaged, not to chase perfection.

Today I choose: ☐ Wake & Move ☐ Midday Reset ☐ Evening Unwind ☐ My own movement

MOVE MORE WITHOUT “EXERCISING”™

Your Holiday NEAT Booster

Everyday movement outside of structured exercise is often called non-exercise activity thermogenesis, or NEAT. During a busy holiday season, ordinary movement can become one of the easiest ways to stay active.

CHOOSE 5 TODAY™

- Park a little farther away when safe and practical.
- Take an extra lap through the store or shopping center.
- Walk while talking on the phone.
- Use stairs when appropriate for your mobility and health.
- Stand and stretch periodically during long gatherings.
- Help set up, serve, clear, or clean after a meal.
- Walk through a holiday display, market, or neighborhood.
- Put on music and dance while cooking or getting ready.
- Take movement breaks during long travel or sitting periods.
- Carry manageable bags or packages rather than avoiding all lifting.
- Play an active game with children or family.
- Walk to complete a nearby errand when practical.

MY FIVE

1. _____ 2. _____ 3. _____
4. _____ 5. _____

Small movement opportunities accumulate. You do not need to label them a workout for them to matter.

THE AFTER-MEAL 10™

A simple holiday habit worth keeping

When it feels appropriate for your body and circumstances, consider about 10 minutes of light movement after a meal. A brief walk or other gentle activity can support general well-being and healthy post-meal glucose management.

YOU DON'T HAVE TO EARN YOUR MEAL.

And you don't have to punish yourself for enjoying it. After-meal movement is a wellness choice - not repayment for food.

CHOOSE YOUR AFTER-MEAL OPTION

- Take a relaxed walk.
- Walk around the house or hotel.
- Help clear and clean the kitchen.
- Use gentle standing movement or mobility.
- Dance to two or three favorite songs.
- Play or stroll with children, grandchildren, friends, or pets.
- Choose another comfortable form of light movement.

My easiest After-Meal 10™ choice is:

Safety note: Choose activity appropriate for your health, balance, mobility, and medical guidance. Stop if you develop concerning symptoms.

TRAVEL, SHOPPING & BUSY-DAY MOVEMENT™

Keep moving when your routine disappears

TRAVEL DAY

Walk the terminal or rest area when practical • change position periodically • use gentle ankle, shoulder, and leg mobility • take safe walking breaks during long sitting periods.

SHOPPING DAY

Build in purposeful walking • take an extra aisle or lap • use stairs when appropriate • carry manageable purchases • pause for posture and mobility breaks.

PACKED HOLIDAY DAY

Use 5-10 minute movement snacks • walk while making calls • move during cooking downtime • take a brief family walk • choose one short movement block instead of abandoning the day.

MY BACKUP MOVEMENT PLAN™

When my normal routine is interrupted, I will:

The easiest place/time to fit it in is:

My minimum movement commitment on a very busy day is:

MY HOLIDAY MOVEMENT TRACKER™

Track consistency, not perfection

Use this tracker for one week. Minutes are useful, but the most important information may be how movement changes your energy and how you feel.

DATE	MOVEMENT	MIN.	ENERGY BEFORE	ENERGY AFTER	HOW I FELT

This week's movement win:

What made movement easier:

One thing I'll continue next week:

YOUR FEEL-GOOD HOLIDAY MOVEMENT PLAN™

Build the plan you'll actually use

My easiest form of movement:

My realistic daily movement goal:

My favorite 10-minute option:

My after-meal movement choice:

My travel/busy-day backup:

Someone I can move with:

YOUR HOLIDAY REMINDER

Movement doesn't need to be extreme to matter.

This holiday season, choose movement that gives something back to you - more energy, greater mobility, a clearer mind, better connection, and another opportunity to care for yourself.

My commitment to myself this holiday season:

Small movements. More energy. Keep going.

Educational wellness resource; not a substitute for individualized medical care. Choose movement appropriate for your health and abilities.