



November 5, 2015 – Grand Rapids, MI

## Holiday Stretch: My Way

The past three days, the temperatures in Grand Rapids have been in the 70s with glorious sunshine. It's going to be that way today but cloudy. Rain is coming and sooner or later, cold weather and snow. The sidewalks that are clear will become snow covered and icy at some point. I know that now. Just like I know that Paula and I will be baking Christmas cookies next month. So as the holidays stretch out ahead of us, how do I plan to avoid holiday weight gain?

My holiday stretch plan is to get 45 to 60 minutes of aerobic exercise six days a week. Some days will be double sessions; there will also be a couple of hard interval workouts every week. I'm not concerned about Christmas cookies and candy with one exception: peanut brittle. I love it. The perfect combination of salty and sweet and crunch. I'm not going to avoid it, but it's my Christmas task and I'm making a finite amount. We'll pack up what gets mailed to family and keep the rest; once it's gone, it's gone. But my workouts will stay constant.

My rain, wind, and snow gear are ready. If by chance it's a little icy, I have my YakTrax ready for my running shoes. If it's too bad to go outside to run, I have my gear packed and ready to hit the gym. I'm prepared because I know the obstacles. They will not surprise me. I'm making a vow that I will start 2016 weighing no more than I did on November 1.

On Saturday, I'll give you the top 10 responses from readers but I can tell you one thing: the common theme is to be prepared for what you know is coming. Not surprising—it's not like it's never happened before. Those readers have decided what they'll do. I'll bet you'll get some ideas about challenges that you haven't thought of so be sure to read or listen to Saturday's message.



What are you prepared to do today?

**Dr. Chet**

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