



How can our family burn off extra Thanksgiving calories?

It is definitely easy to add extra calories during the holidays. For a turkey burn off workout, take a walk around your community for a good hour to an hour and a half. If the weather doesn't cooperate, use a flight of stairs in your house and march up and down for five minutes. If you do not have stairs, you can jog in place.

For a little strength training, try some wall pushups. Place hands shoulder width apart on a wall, lower yourself to the wall and back for 20 minutes. Next, try sit-ups. Lie on the floor with your feet on top of a chair or couch and do 50 ab crunches. Turkey burn is over!

Get your kids involved too. Take them with you on your walk, let them exercise with you or challenge them to a "dance off"!

