A fun way to stay active during the holiday season is to participate in a race or fun run. Check out these races in the surrounding area during November & December.

• **Tanglefoot Turkey Trot**
  o 4-miler ($30) or Half Marathon ($50)
  o November 27, 2014 @ 7:00 A.M.
  o New Albany, MS

• **Jingle Bell Rock & Run**
  o 5K & Kid Fun Run ($30)
  o December 13, 2014 @ 7:00 P.M.
  o Batesville, MS

• **Rudolph Run**
  o 10K Run, 5K Walk/Run, & Relaxing Reindeer ($25)
  o December 13, 2014 @ 7:30 A.M.
  o Pontotoc, MS
  o [http://www.racesonline.com/events/rudolph-run-10k-run-5k-walk](http://www.racesonline.com/events/rudolph-run-10k-run-5k-walk)

• **Ugly Sweater Run**
  o 5K Run ($35)
  o December 21, 2014 @ 3:00 P.M.
  o Memphis, TN
  o [http://theuglysweaterrun.com/locations/memphis-tennessee/#.VGtj7r6kJUS](http://theuglysweaterrun.com/locations/memphis-tennessee/#.VGtj7r6kJUS)

Check out active RebelWell events going on in December!

**Yoga**
- December 18, 2014.
- Turner Center Multipurpose Room

**Zumba**
- December 15 **AND** 17, 2014.
- Turner Center Multipurpose Room

All events are free to attend. Space is limited, so visit [www.olemiss.edu/hr/rebelwell.html](http://www.olemiss.edu/hr/rebelwell.html) to reserve your spot.
10 Tips for Staying Active

1. **Build activity into family visits and outings.**
   - Encourage houseguests to bring workout clothes suitable for walking or perhaps activities at a local health club. An added benefit: By getting outside, you cannot eat all the holiday leftovers lurking in the house!

2. **Work towards a goal.**
   - Set a specific, tangible goal to accomplish during the holiday season. There are 35 days between Thanksgiving and New Year’s Day, which is the perfect amount of time to accomplish a fitness goal you may have for yourself.

3. **Sign up for a holiday road race.**
   - Fun runs are often held over the holidays. They are usually 5K runs (3.1 miles). There is usually a small fee and they’re open to everyone from runners to people who walk along the trail with friends.

4. **Schedule a regular workout with a trainer.**
   - Hiring a trainer and having set times to workout during the week will help to keep you accountable. Plus, having a trainer to show you new ways of working out will help you to stay motivated and active on a regular basis.

5. **Workout with your mobile device.**
   - Download an app or video for your mobile device (iPad, iPhone, etc.) or watch an online video that will help you get moving. Some of these may be especially helpful when you’re traveling and staying in a hotel or with friends.

6. **Take the stairs.**
   - “In one minute, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding an elevator,” according to the Centers for Disease Control and Prevention. Remember this quote by Joan Welsch and take the stairs, “A man’s health can be judged by which he takes two at a time – pills or stairs.”

7. **Recruit a holiday walking buddy.**
   - Walking is the most underrated form of exercise. Grab a friend, and take a long walk after a meal, during your lunch break, or whenever is convenient for you.

8. **Try some tempting tunes.**
   - If you like to workout to music, “gift” yourself with some new tunes to get motivated to stay active. Check your favorite music source site for possible songs & playlist ideas.

9. **Incorporate walking into your holiday shopping.** Wear comfortable walking shoes, and do as much as you can on foot.
   - Online ordering has trumped old-fashioned Christmas shopping at this day in age. Lace up your sneakers and head to the mall to shop! You burn more calories than you think while shopping; for a little extra burn, walk the mall before you shop the mall.

10. **House cleaning and yard work count as exercise, too!**
    - Set aside several hours one day and REALLY clean your house—inside and out! Bending, squatting, running up and down stairs, standing while folding and putting away laundry, etc. all burn calories.