



## 12 Days of Christmas & How to Survive

The holidays are rapidly approaching and we all know what kind of good eats come around at the same time. Between the cookies, fudge, ginger bread, and all the other endless array of goodness we have to put up a serious fight to stay in shape during the Christmas season. With a little planning and exercise you can keep the Holiday-10 (pounds) at bay.

Here are 12 foods to try and avoid this holiday season:

1. Cheese Balls
2. Egg Nog
3. Cream Corn
4. Roasted Goose
5. Pecan Pie
6. Sweet Potato's with Marshmallows
7. Apple Pie (homemade or store bought)
8. Brownies
9. Sugar Cookies
10. Green Bean Casserole
11. Gravy
12. Loaded Baked Potato

The temperature gets a bit frigid outside this time of year. So here are 12 items that will help you get your run in without freezing to death:

1. Asics Thermopolis XLT Hoody
2. Sugoi Blythe Tuke
3. Brooks L.S.D. Thermal Vest
4. Asics Reflective Gloves
5. Moving Comfort NoChill Hybrid Pants
6. Asics Reflective Beanie
7. Craft Trail Brushed Zip Mock Long-Sleeve Top
8. Nike Lightweight Running Gloves
9. Brooks Thermal Visibility Pant
10. Sugoi Rocket Cap
11. New Balance Competitor Softshell Jacket
12. Smartwool Combo Crew

So there you have it; your fitness survival guide to help you get through the holidays the same way that you came into them. With enough effort you might even be able to actually lose a couple of pounds during the holiday season. Crazy, I know, but it can be done. That would give you plenty of bragging rights to start the New Year with.

Happy & Healthy Holidays,  
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