

TIPS FOR *Healthy* HOLIDAY ACTIVITY

Tip 1: Move More!

Adults should exercise 30 to 60 minutes each day. Find an activity that you enjoy doing!

Tip 2: Volunteer in your Community

Look for volunteer opportunities like dog walking for a local animal shelter or picking up litter!

Tip 3: Be Active while Shopping!

Park your car farther away from the entrance and walk briskly while browsing.

Tip 4: Outdoor Walks

Bundle up and take a walk to see the holiday lights in your neighborhood.

Howard County LHIC

Local Health Improvement Coalition

