

Yule Renewal

their home or yard, or walk their dog while they're away. Play some holiday music when cleaning and decorating your home, you may find that you move faster.

You might not be able to make it to the gym during the Christmas season, but odds are you'll make it to the mall. Why not make this a workout in itself? Park far away from the entrance and walk briskly. Take a lap or two around the mall before you shop. Carry those heavy packages for a bit before you take them out to your car, and make as many trips to and from your car as you can. Since walking is something you do every day, it may be the perfect holiday exercise. Try getting a pedometer and challenge yourself to walk more steps each day.

You can even make exercise a social affair. Dancing is a great aerobic exercise, so don't sit still at parties. You can plan a caroling party, a skating party or annual golf game instead of an eating and drinking affair. After any party, plan to stay and help the host clean up and burn a few calories in the bargain. Plan to take holiday walks with family or friends to look at neighborhood lights and decorations.

So much time during the holidays is spent on doing things for others. Don't forget to take some time to do something for yourself. A visit to one of the local spas may be just what you need to keep your spirit as healthy as your body. Spas offer many treatments to rejuvenate the mind, body, and spirit.

Aromatherapy, especially around the holidays when our senses are stimulated from every direction, can help fortify internal organs, boost



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