

## November Turkey Trot Time

We are entering the holiday season and everyone is usually running around like crazy turkeys!! Don't forget to focus on cardio this month.

### **Cardiorespiratory fitness:**

The ability to perform large muscle and dynamic movements, at desired exercise intensity for prolonged periods of time.

- High levels of CRF result in higher levels of habitual physical activity which leads to health benefits

### **Ways to get cardio in while you are on the go!**

- Shopping for groceries, gifts, decorations
- Using cardio equipment at home during the commercials of football games
- Cleaning your house (vacuuming, dusting, sweeping)
- Decorating your house and setting up for gatherings
- Join a fitness class with Stacy at home on zoom or here at the clinic
- Park your car far away in the parking lot and walk to the store
- Join a turkey trot on thanksgiving and walk or run with family and friends

