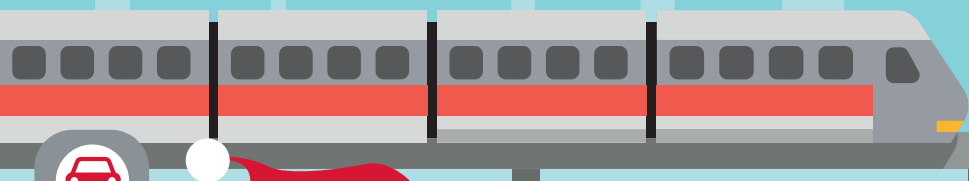


Fun ways to get rid of your holiday weight gain

If you are clocking fewer than 5,000 steps day, chances are that you are leading a sedentary lifestyle. Aim for at least 10,000 steps every day for better health, said the Health Promotion Board. Hitting that target also means you burn about 500 calories, the equivalent of 2½ pieces of eclair.

Leave the car at home. Avoid the manic holiday traffic by taking the train.

Clock **341 steps** and burn **15 calories** when you walk from Dhoby Ghaut MRT station to Plaza Singapura.



Get festive. Check out the Christmas lights in Orchard Road

Clock **12,500 steps** and burn **563 calories** when you walk from The Cathay in Handy Road to Orchard MRT station.

Don't be a sloth. Help with pre-party preparations

Burn **326 calories** per hour by putting up the Christmas tree and decorating your house, or **273 calories** per hour by making your own Christmas presents.



Shed the holiday gains. Get fit.

Burn **500 calories** by swimming at a vigorous pace for about 45 minutes, or **400 calories** with a 45-minute high-difficulty rock-climbing session.



Walk on. Make walking a part of your life.

Clock around **800 steps** when you walk for about eight minutes from your place to the MRT station or **1,250 steps** when you walk to and back from a lunch venue.

Reward yourself. Groove to the beat.

Burn **672 calories** by dancing non-stop for two hours. That's equivalent to

14,933 steps!

