



GETTY IMAGES

**SURE, THEY** look like they are sleeping. But secretly these holiday travelers are doing some butt crunches and meditating.

# Stay fit during the holidays?!

**TIPS** What else is there to do while you're waiting in the airport or train station but sit, eat and sleep? Not much. Unless you're determined not to bust out your elastic waist pants.

Debi Lander, M.Ed., director of fitness for Trimtalk.com, offers these tips for staying in shape:

1. Do isometric exercises in your seat. Flex to maintain muscle tightness and good circulation.
2. Every half hour, do 12 "rear-end crunches" while sitting.
3. Exercise your fingers, hands and forearms with

hand grips or exercise putty.

4. Focus on your posture. Sit tall with your neck relaxed, shoulders back, lengthened spine, feet on the floor and abdominals tight.

5. Every hour, walk up and down the aisles or do some deep breathing.

6. While sitting, bend over in your chair and let your arms hang down.

7. Close your eyes and relax your mind. It reduces stress and releases physical tension.

METRO