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How to Keep Active during the Holidays by [Robert Vadra](#)

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Finding time for fitness is a critical step in the journey towards better living. Unfortunately, between the gargantuan meals and endless parties youâ€™re sure to take in this holiday season, itâ€™s easy for Canadians to neglect the importance of burning daily calories. If youâ€™ve undergone a weight loss surgery â€“ either a gastric bypass surgery or a laparoscopic lap band surgery â€“ you know how important it is to commit to a healthy amount of physical activity year-round. Omni Surgery Centre, Reginaâ€™s weight loss authority in Saskatchewan, Canada, has put together a short list of easy ways to get some exercise during the busiest time of the year.

The Mall Marathon: Take advantage of the fact that youâ€™re going to be stuck fighting the masses at your local mall. Instead of looking for that â€œperfect spotâ€• take the less-stressful approach and find one on the outer limits of the parking lot. Youâ€™d be surprised how many calories you can knock off just walking to and from your car.

BONUS POINTS: Make the mall trip really count and do any extra couple of laps before you make your purchase.

A Wish-List with a Goal: Get ready to fight back against holiday weight-gain by asking your friends and family for fit-friendly gifts. Having a healthy lifestyle cookbook, a yoga mat or a set of free-weights around after the holidays can help you get a jumpstart on a New Yearâ€™s resolution.

Learning New Things: Taking up a new winter activity like skiing or snowboarding can incorporate some fun while staying active during the colder months.

Family Matters: Why not get the whole family active? Taking a walk, tobogganing or having a playful snowball fight can be a great way to forget the cold and stay active â€“ plus the kids will love it!

Sticking to a Schedule: The overall best way to maintain an active lifestyle during the holidays is to make a schedule and stick to it. Plan the days you want to go to the gym â€“ and for every day you skip, donate one of your gifts to charity.

At our state-of-the-art facility, Omni Surgery Centre offers bariatric stomach banding surgery to qualified candidates who have had difficulty losing weight on their own. The minimally-invasive procedure is virtually painless, and patients often leave our centre within the same day.

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Our staff of [lap band surgeons](#), nutritionists and lifestyle coaches works closely with our [lap band](#) patients to ensure long-lasting results. After receiving our [weight reduction surgery](#), patients become a part of our community where they find the support and education they need to truly change their lives. Visit our website at www.omnilapband.ca to learn more about our staff, services and philosophy.

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