



Walking in harmony with nature



Feasting in harmony with pleasure



- the perfect symbiosis.

Walking between the festive feasts:

Your recipe for a balanced festive season!

As well as being an enjoyable activity, walking is a great way to enjoy the festive season in harmony with your health. Walking is indeed a great way to stay active during the festive season and offset the calories burned from festive food and sweets.

Exactly how many calories are burnt is difficult to say as this depends on various factors such as age, gender, body weight, metabolic rate and type of physical activity. However, regular physical activity can help to maintain a healthy lifestyle and mitigate the effects of festive eating.

The general guideline from the World Health Organisation (WHO) and other health organisations recommends at least 150 minutes of moderate physical activity per week for adults. This can be achieved through activities such as walking, cycling, swimming or hiking.

To relate this to calories: An average person burns about 150 to 200 calories during a 30-minute moderate walk, depending on factors such as speed and body weight. Of course, this varies from person to person.

However, it is important to emphasise that physical activity should not just be seen as a means of balancing calorie intake. It has many other health benefits, such as improving heart health, improving mood and supporting metabolism.

Walking during the festive season can be good for your health for a number of reasons:

Active recovery: The festive season tends to be associated with sumptuous meals and festive treats. By walking or engaging in other physical activities, you aid digestion and support your metabolism. This can help mitigate the effects of overeating.

Stress relief: The holidays can be stressful for many people, whether it's from travelling, gift shopping or social obligations. Walking in nature can serve as an effective way to reduce stress and improve mental health.

Creating healthy traditions:

Walking at Christmas time for body and soul!



Family activity: Walking together offers an opportunity to spend time with the family and be active at the same time. This not only promotes physical health, but also strengthens interpersonal relationships.

Enjoy being close to nature: Nature has proven positive effects on well-being. While walking, you can enjoy the fresh air, the beauty of the surroundings and the tranquillity of nature, which can have a positive effect on your mood.

Burning calories: As mentioned earlier, physical activity like walking helps burn calories. This can help to maintain a balance between calorie intake and expenditure.

Maintaining fitness: Regular physical activity helps to improve overall fitness. Walking not only strengthens your muscles, but also promotes endurance and flexibility.

Self-care: During the hectic festive period, it's important to look after your own health. Walking can serve as a form of self-care, where you take time for yourself and look after your physical and mental well-being.

Note: Blood pressure usually drops after a hearty meal. It is therefore important not to become physically active immediately after a meal, but to wait a good hour.

However, it is important to emphasise that the festive season should also be a time for relaxation and enjoyment. It is therefore advisable to plan physical activities in moderation and to harmonise them with other festive activities.

Here are some tips on how to get the most out of your walks to stay active and burn calories:

Organise family walks/participate in an IVV walk : Get together with friends or family members and organise walks together or participate in an IVV walk that is offered. This not only promotes physical activity, but also provides a great opportunity to spend time together.

Explore new routes: Try to choose varied walking routes, take part in different IVV events to keep motivation high. Exploring new places can increase the fun factor and encourages you to take part regularly.

Utilise uphill and downhill: If possible, choose routes with uphill and downhill sections. Walking uphill requires more effort and burns more calories. Walking downhill can also put a different strain on stressed muscles.

Walk regularly: Try to incorporate walking into your regular routine rather than treating it as a one-off activity. The more often you walk, the more you will enjoy the health benefits. A look at the IVV event calendar will certainly show you many possibilities.

Don't forget that physical activity not only burns calories, but also has many other health benefits. It's important to enjoy exercise and choose an activity that suits your lifestyle. Walking is an excellent way to keep fit while experiencing the beauty of nature.

However, during the festive season it is also important to ensure a balanced diet in general and not just focus on burning calories. Enjoy your festive meals in moderation and make sure you eat a varied selection of foods to get the nutrients you need.

With this in mind, IVV-EUROPE wishes you happy, healthy and active holidays!

