

Using the holidays to stay fit

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By [Kay Page](#), Chicago Walking Fitness Examiner



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It might seem counterintuitive, but the holidays do not have to be a time when the amount you exercise declines, and the amount you weigh increases.

Did you know that on almost every holiday there is a fitness event taking place somewhere in the Chicagoland area? Which means that before you indulge in your holiday meal you will have an opportunity to burn calories.

The next big event, [Cupid's Chase](#), will take on Saturday, February 12th- just in time for Valentine's Day!

"Cupid's Chase is a national 5K run/ walk that takes place in 24 cities throughout 10 states, on the same day and at the same time." The location for the Chicago event will be Lincoln Park. Community Options, Inc., a national nonprofit that has been developing community - based homes and employment support for those with disabilities, is the host of the national Cupid's Chase 5K Run. (<http://www.comop.org/cupidschase>)

This year's event will begin at 10:00am. For more information, including details on how to [register](#), please visit www.comop.org/cupidschase, or visit there [Facebook page](#) "Cupid's Chase 5k."

Tags:

[event](#)



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In addition to being a sculpting and cycling group exercise instructor, Kay is a certified personal trainer. She would love to hear from you as you...
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