During the holiday, the calories can really rack up. Interval training is an efficient way to burn extra calories. Plus, it’s heart healthy.

“The intervals don’t have to be real long. In fact, you don’t want them to be long. You want them no more than two minutes, at least 30 seconds, but going hard.”

Dr. Stephen Kopecky, a cardiologist at Mayo Clinic, knows it can be tough to fit in exercise when you’re in the midst of holiday the holidays. He has tips to keep moving even when you’re spending the weekend at Grandma’s.

Walk up and down stairs, speed walk around the block, help carry boxes or if you’re in shape, offer to shovel or blow snow.

“You don’t have to go to the gym. Any short spurt of aerobic activity can keep you heart healthy and can help burn off those extra holiday calories.”

For more health news, visit the Mayo Clinic News Network. I’m Vivien Williams.