

Have a Healthy Holiday Season!

Celebrate without Sabotaging Your Health

As we celebrate the holiday season with family and friends, it's important to prioritize health and well-being. The holidays can be a time of joy, but they can also lead to unhealthy habits and added stress. According to a recent survey, **43%** of respondents said they use the end of the year as an excuse to postpone eating healthily, and nearly **nine in 10 (89%)** U.S. adults say that this time of year causes more stress.

However, implementing some simple, conscious steps can help minimize holiday stress and allow you to stick to healthy habits throughout the season... in other words, to strike the proper balance between celebration and moderation. And one more tip: If you haven't had a wellness exam this year, make sure to schedule one today!

HEALTHY HOLIDAYS: TIPS FOR FESTIVE WELL-BEING

MINDFUL EATING

Savor treats in moderation and opt for healthier options like fruits and veggies.

STAY ACTIVE

Consider incorporating family activities like holiday walks, ice skating, or even a fun day in the snow to keep everyone moving.

MANAGE STRESS

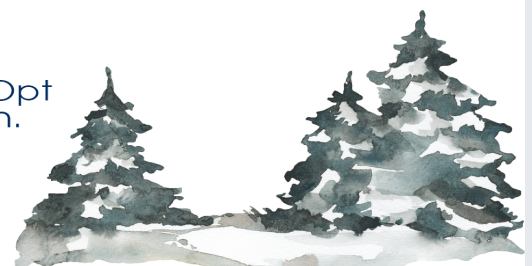
Incorporate relaxation techniques like meditation or spending time with loved ones to help combat this.

ALCOHOL AWARENESS

Holiday drinks can add unnecessary calories. Opt for water or non-caloric beverages in between.

STAY HYDRATED

To support digestion and overall health, make sure to drink plenty of water.



SOURCES: Mayo Clinic, American Psychological Association, American Heart Association