



stay healthy during the holidays

It's easy to forget to take care of yourself during the busy holiday season. Here are some tips to keep your health in check.

1. EXERCISE

Not only does exercise boost your energy level and prevent you from gaining weight, but it also creates an outlet for stress and anxiety. Find fun ways to stay active:

- Sign up for holiday race and walk events.
- Pair your holiday shopping with exercise. Plan to get some steps in between stores.
- Take a walk with coworkers during your lunch break.
- Dance to your favorite holiday music.
- Visit a tree farm and burn some calories while finding the perfect Christmas tree.

2. GET ENOUGH REST

Staying well-rested helps to keep your mind and body healthy. Sleep is an important part of a strong immune system.

- Aim for seven to eight hours of sleep each night.
- Try to keep a regular sleep schedule.
- Avoid evening drowsiness by keeping your mind active.
Wrap those last few gifts instead of watching a rerun on television.

3. MAKE HEALTHY FOOD CHOICES

Watching what you eat and choosing the right food groups can help you to prevent the dreaded holiday weight gain.

- Choose whole grains and beans over starches, such as white flour products.
- Fruits, vegetables, and beans should make up two-thirds of your meal.
- Moderate sweets, but be sure to save some calories for your favorite homemade dessert.
- Keep a healthy snack handy at work to minimize cravings for the cookies from the office parties.

Sources: CDC, Mayo Clinic

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