

Don't Let Health Take a "Holiday" This Season



Quick Tip:
Replace 1 whole egg with 2 egg whites in recipes and reduce the fat and cholesterol.

Keeping up a healthy eating plan and physical activity over the holidays is extremely important. It keeps you feeling your best, keeps your health in check, and helps you manage holiday stress. Don't take a "holiday" from your healthy lifestyle—instead check out these tips to make this holiday your healthiest yet!

Quick Tip:
Use unsalted nuts in recipes and as snacks to reduce sodium.



Enjoy a Glass of Holiday Cheer? Read this FIRST

- Alcohol is not appropriate for many people who are on certain medications.
- Side effects of mixing alcohol with some medications could be dangerous.
- Speak with your doctor **BEFORE** consuming alcoholic beverages to make sure they won't interact with your medicines.



STRESS Busters



- Keep moving; go for a walk every day (if you can't go outside, walk the halls inside)
- Drink plenty of water
- Get plenty of sleep (7-8 hours each night)
- Watch your alcohol intake
- Say "no" to some party invitations
- Take time for just you and **RELAX**