

1 Go with goals that are realistic. Don't bite off more than you can chew.

2 Make time to be active. Take walks to see holiday lights, skate, dance, or find places to walk indoors.

3 Enjoy smaller portions of special holiday treats. Bring a healthy dish to a party.

4 Make sleep a priority so you get the rest you need to enjoy the holiday fun.

Wellthier by
the Dozen™

12 Terrific Tips to

HEALTHY HOLIDAY

5 Do something nice for somebody else. It can change your outlook.

6 Take breaks often to stretch and re-energize.

7 Spread the joy, not the germs. Wash your hands often. Cover coughs and sneezes. Get your yearly flu vaccine.

8 HOLD on to your wallet. Set a holiday budget and stick to it.

9 Drive sober. Limit alcohol to 2 drinks a day (men) or 1 drink (women and 65+).

10 Surround yourself with people who are supportive and fun.

11 Stay safe. Buckle up! Supervise children. Never leave fireplaces, space heaters, stoves, or candles unattended.

12 Watch a favorite holiday movie for a good laugh and to warm your heart.