

STAYING HEALTHY DURING THE HOLIDAYS

The Average American Sleeps Less Than 7 Hours Each Night

Adults in the U.S. Gain More Than a Pound During the Holiday Season

Extravagant meals, family togetherness and a time of good cheer – it's the holiday season. But the holiday season can also lead to over-indulgence, neglecting your fitness routine and disregarding your general health.

Follow these tips for a safe, healthy and successful holiday season.

01 | Preventing Illness

- Wipe away germs – when using public transportation, such as a plane, bus or public transit, use disinfecting wipes on armrests, tray table, air vent and seat buckle. Let air dry before handling.
- Stay hydrated – drink plenty of water during the winter season. Dry airways are more vulnerable to viruses and bacteria.
- Wash hands – thorough handwashing is critical to reduce the spread of disease. Wash your hands with soap and water for at least 20 seconds (water can be warm or cold). If handwashing is not available, use alcohol-based hand sanitizer.
- Get adequate rest – lack of sleep suppresses the immune system and can increase your risk for illness.

02 | Maintain Your Fitness Routine

- Set realistic, attainable goals.
- Find a workout partner to keep you motivated.
- Create a personal challenge; incorporate new exercises in your routine.
- Sign up for community walks, competitions or races during the winter months.

03 | Eat Better

- Prepare – stock the freezer with healthy meals. Everyone is busy during the holidays, which can lead to poor eating habits. Prepare beforehand by cooking meals and storing them in the freezer for easy access.
- Treat yourself – indulge in only the most special holiday treats. Training yourself what to indulge in and what to skip is like budgeting your finances. Be balanced.
- Go back to the basics – find basic supportive foods for your diet that provide energy and nutrients your body needs to stay healthy.

For more healthy holiday eating tips, please visit:

<https://healthyforgood.heart.org/eat-smart/articles/holidays-healthy-eating-guide>

*Did You Know?
Flu Season peaks between
December and February*

References

<https://www.mybwmc.org/simple-tips-staying-healthy-during-holidays>

<https://greatist.com/fitness/stay-active-from-thanksgiving-to-new-years>