

FOCUS ON HEALTH DURING THE HOLIDAYS

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

People Who Sleep At Least Eight Hours Nightly Are Three Times Less Likely to Catch a Cold Than Those Who Sleep For Less Than Seven

Holidays – a time of good cheer, family togetherness and lavish meals. However, the holidays shouldn't mean over-indulgence, neglecting your fitness routine or disregarding your health.

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

01 | Holiday Meals

- 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.
- 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.
- Find basic supportive foods for your diet that provide energy and nutrients your body needs to stay healthy.

02 | Maintaining Your Exercise Routine

- Create a personal challenge – incorporate a new exercise in your routine.
- Sign up for a race or competition during the winter months.
- Find a workout buddy to keep you motivated.
- Set realistic goals.

03 | Preventing Illness

- Wipe away germs – if you are using public transportation such as an airplane or train, use disinfecting wipes on the armrests, tray table and latch, air vent and your seat buckle, and let air-dry.
- Stay hydrated – dry airways are more vulnerable to viruses and bacteria. Drink plenty of water

during the winter season, especially if you are traveling.

- Wash your hands – thorough handwashing is one of the most important ways to reduce the spread of disease. Keep alcohol-based hand sanitizer for those occasions when hand-washing is not available.
- Get enough rest – lack of sleep wears down the body's defenses and increases your risk for illness.

For more information on staying healthy during the holidays, please visit:

<http://www.rd.com/health/wellness/9-stayhealthy-tips-for-the-holidays/>

Did You Know?

Peak flu season in the U.S. is December to February

References

<http://www.mayoclinic.org/diseases-conditions/premature-birth/basics/definition/con-20020050>

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

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