



Stay healthy during the holidays

**The holiday season is upon us!
There will be so much to do over the
next few months.**

Don't let your health fall by the wayside as you prepare for your celebrations. Read on to learn tips to help you eat well, stay active, reduce stress and be healthy throughout the holiday season.



HealthAdvocateSM



Have a happy, healthy holiday

Keep these tips in mind as you progress through the holiday season!

Eat well

- **Watch your portions!** Whether you're eating at home or a holiday party, follow this simple rule: make half your plate fruits and vegetables, one quarter protein, and one quarter grains.
- **Prevent overindulging** by allowing yourself to eat unhealthy some of the time. Adopt an 80/20 rule or 90/10 rule. Eat healthy 80 or 90 percent of the time and unhealthy 20 or 10 percent.
- **Take the focus off food.** Holidays often center on meals, but the true meaning and intention behind them is togetherness. Avoid filling up on food by indulging in conversation and spending quality time with loved ones.

Stay active

- **Be prepared to exercise** outside of your routine. You may not be able to stick to your normal workout regimen with the chaos of the holiday season.
- **Aim to do at least one activity.** Even if you only have a few minutes to spare, exercising for a short amount of time is better than not exercising at all.
- **Find opportunities for exercise** in everyday activities. For example, take the stairs rather than the elevator, park farther away from buildings, or take a lap or two around the store before you start shopping.

Reduce stress

- **Plan ahead.** Create a thoughtful plan to tackle your holiday preparations so you're still able to enjoy the season.
- **Find some "me time."** Chances are you're running around trying to ensure that everyone else has the perfect holiday, but what about you? Take time to relax and do something you enjoy doing for yourself. You'll feel refreshed, recharged and ready to conquer the holiday season.
- **Let go of perfection** and enjoy the holiday season for what it is. If something doesn't get done, let it go; everyone will still enjoy themselves.

Be healthy

- **Get a good night's sleep.** Sleeping is both a relaxing and restorative activity. It will help you better ward off winter colds and increase your energy.
- **Wash your hands.** The holiday season also marks cold and flu season. Avoid getting sick by washing your hands for at least 20 seconds with soap and water.
- **Travel safely.** If you're hitting the road for holiday celebrations, be sure to wear your seatbelt, avoid drinking and driving or getting a ride from someone who may have been drinking, and watch the weather to ensure safe travels.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members