

## 12 Healthy Tips for the Holidays



Give the gift of health and safety to yourself and to others by following these healthy Holiday tips!

1. Wash hands often in an effort to keep yourself from spreading germs and getting sick.
2. Eat healthy; lots of fruits and veggies! Set a positive example for others by limiting portions and those foods high in fat and sugar.
3. Get a move on! *Accumulate* a minimum of 30 minutes a day every day of the week in order to maintain your independence and the quality of life we all so deserve.
4. Be smoke-free...and that includes second-hand smoke. If you live with someone who smokes; for the sake of everyone else ask them to please take it out-of-doors.
5. Manage stress effectively. This means not over-committing yourself. When you are asked to do yet something else...learn to politely say “no” in an effort to reduce associated anxiety & pressure.
6. Don’t drink-n-drive OR let others drink-n-drive. Be proactive by assigning a designated driver before the festivities ever begin.
7. Practice good food safety by remembering these steps: wash hands and surfaces often to avoid cross-contamination, cook foods to proper temperatures and don’t let food sit out...refrigerate promptly.
8. Get you vaccinations in an effort to prevent disease and save lives! 😊
9. Stay warm and dry by bundling up when you go out, and stay in when advised to do so.
10. Get much-needed exams and screenings. Using proactive health practices by knowing what is needed AND when it is needed serves to catch disease(s) in the early stages and in turn saves lives.
11. Fasten seat belts, whether you’re the driver or the passenger. Make sure children are buckled in correctly and according to his-or-her age, weight and height.
  - a. Monitor children; keep potentially dangerous toys, food, drinks, household items as well as any other dangerous items out of reach.
12. Practice fire safety. Most residential fires happen during the winter months and are often the result of carelessness. So...be careful and never leave fireplaces, space heaters, stoves or candles unattended. Have an emergency plan, and practice it with all family members regularly.

When you think about sending Holiday greetings...include this handout and/or consider sending a *health-e-card*; available online. 😊

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