Healthier Holiday Tips

During the hustle and bustle of the holidays, remember to take care of YOU!

Holiday Self-Care Tips:

- Find ways to relax! Go on a walk, take time to read, watch a favorite holiday movie and more. Try to find at least one way to relax each day.
- Be okay with saying no. Whether you're saying no to a gathering or a second helping, remember it's okay to say no to take care of yourself.
- When it comes to holiday foods, allow yourself to choose a favorite indulgence or two at a meal. Truly savor and enjoy the meal.
- Make time for activity! Play an active game like charades, walk around the neighborhood to look at lights, etc. Did you know physical activity can boost your immune system?
- If you get off track with your health, you CAN get back on track! Try setting a **S.M.A.R.T goal** to help get back where you want to be.