

# GIVE YOURSELF THE GIFT OF **BETTER HEALTH**



## *Find Your Holiday Glow **with Healthy Choices.***

The holiday season is a time of joy but can also challenge your healthy habits.  
**Remember, even small changes can make a big difference in your health and well-being.**

### **Keep Moving**

The many benefits of physical activity include reduced anxiety and better sleep. Try these tips to stay active during the holidays:

- Walk laps around the shopping center before you shop.
- Take the stairs whenever you can.
- Park farther away and enjoy a brisk walk.
- Play active games in your yard or local park.
- Take a walk to view holiday lights instead of driving.

### **Eat Mindfully**

Good nutrition helps support your muscles, bones, immunity, and overall well-being. Here's how to eat healthier during the holidays:

- Enjoy small portions of high-calorie foods in moderation.
- Fill your plate with fruits and vegetables first at holiday gatherings.
- Bring a healthy dish to parties for a nutritious option.
- Try healthier versions of your favorite recipes using less fat and salt.
- Opt for lean proteins and consider beans as a meat alternative.

### **Prioritize Self-Care**

Make this season about more than just food. Start a new tradition that allows you to prioritize yourself and your goals:

- Volunteer in your community.
- Try seasonal activities like ice skating or skiing.
- Explore a new area with a loved one.
- Visit a museum or exhibit you've been wanting to see.

### **Make a Plan for Your Health**

Don't just survive the holidays—thrive! Schedule a visit with your CareATC provider and make a plan to navigate the season with ease.

