

Tips for a Happy and Healthy Holiday Season

The Holidays are great opportunities to connect with family and friends and celebrate our many blessings. However, for some it could also be a challenging and busy time that might impact their health. Here are a few tips to help you stay healthy while enjoying this most wonderful time of the year:

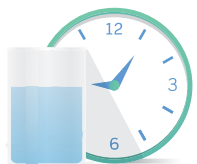


*Happy
Holidays!*

Stay Eating Healthy



Don't skip meals and keep track of your portions while enjoying your favourite foods. Use the healthy plate method. It is simple; just allot half your plate for a pile of veggies, then leave a quarter of your plate for carbohydrates and a quarter of your plate for lean protein.



Stay Hydrated

Drink plenty of water and limit your intake of alcohol and the rich holiday drinks (e.g. peppermint lattes, eggnog, Irish coffee)



Stay Active

Try and maintain your usual activity level regardless of how busy the season is. If it's cold and icy outside, go for a walk in the mall or do some indoor stretch exercises.



Stay Well

The holiday season coincides with the flu season. Get your flu shot today, if you haven't already. Keep taking your medications as prescribed and if you are going away, make sure you have enough medication supply to cover the duration of your trip.

Stay Involved



Spending time with family and friends is the most important part of the holiday season. By staying healthy, active, hydrated, and well this holiday season, you will be able to stay involved in all of the festivities!