



Education

How to be Healthy Through the Holidays

The holidays are meant to be a time of celebration and community. Utilizing these healthy holiday tips can help keep you on track to enjoy a stress-free holiday season and avoid some pesky weight gain as well.

1. Stick to your routine

We all get busy during the holiday season, however, maintaining a regular eating and exercise routine is one of the best things we can do for our bodies. This includes getting enough sleep at night as well.

2. Eat small portions

You shouldn't have to give up your favorite holiday meals or desserts. Planning ahead of time and eating smaller meals throughout the day will help you avoid overeating at holiday meals.

3. Wash your hands or utilize hand sanitizer

Don't let your holiday plans be ruined by getting sick! Flu season in the U.S. can peak as late as February. The flu virus can also live on surfaces for up to 24 hours. Washing your hands can prevent the spread of infection.

4. Keep the focus on fun, not food

If you're planning a holiday party or gathering, include other games or activities for your guests. This takes the focus off food and can help prevent over-eating.

5. Give to others!

Have too much leftover food or gifts? Give a meal to a family in need or a stranger who might be appreciative of a meal or gift. You can keep the food temptation out of your house and make someone else's holiday special.

6. Have a go-to 'at home' workout

Find your favorite 30 minute body weight workout to do either at home or while on the go if you're traveling. This can help you maintain momentum and stay on track with your regular routine.

7. Get your flu shot

Being sick over the holidays is no fun. Cold and flu season starts around October and can last as late as April.

8. Rest and recover

The holidays can be a stressful time for some people. Be sure to give some time to yourself whether it is getting a massage, spending time with family or friends, or just taking time to reflect on your past year and what you hope to accomplish next.

References:

- <https://www.cdc.gov/features/healthytips/index.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3505409/>



From Corporate Fitness Works Team Leader, Jennifer Sabol