

Fit Tips for Holiday Stress Relief



1

Increase sleep and recovery

Resting allows the brain and muscles reach full potential.

2

Keep your healthy habits

Don't have healthy habits? Choose one to add into your daily routine.

3

Be realistic with your time

Practice efficient time management with daily tasks.

4

Enjoy the social connection

Allow time to enjoy your family and friends!

5

Practice mindful eating

Eat to fuel your body with the healthy nutrients.

6

Start and end with gratitude

Appreciate those small things in life!