

Healthy Holiday Tips

A survival guide to a healthy holiday season



Mental

Too many commitments, spending, and high expectations cause stress and anxiety



Physical

Americans gain between 1 and 5 pounds during the holidays



Holiday Hazards

There are more than 15,000 decorating injuries during the holidays



Bring back the fun and cheer!



Don't say yes to all holiday invitations!

Make a plan!



Avoid the temptation of treats at the mall by packing a healthy snack.

Follow safety tips and guidelines



Dress in layers and stay dry on cold winter days.



Make presents instead of buying.



If you can't make it to the gym look online, for quick at home workouts.



Don't leave candles burning overnight or place near flammable objects.



Invite friends over for a gift wrapping party!



When traveling, try to stay in a hotel with a gym or pool.



When climbing a ladder, always have a spotter and get as close to the house as possible.



Listen to your favorite holiday music to relieve stress.



Pack up party leftovers and give to guests.



Keep children away from cooking areas.

#HealthyHolidays 

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