

HEALTHY HOLIDAYS



Mental Health

Facebook

Holiday Tip: Stop for a quick massage, even 10 minutes can lower your stress level! <http://bit.ly/2dVrzKB>

Holiday Tip: Have a friend or family member that's really bad at decorating but great at baking? Let them help you bake and you help them decorate. Show them these healthy cookie recipes! <http://bit.ly/18pThRZ>

Holiday Tip: Try these 3 ways to reduce stress over the holidays: smell a lemon, go tech free, and exercise.

Holiday Tip: Feeling overwhelmed by decorating? Get out of the house and take a brisk 30 minute walk. It will get in a workout and calm the mind and body.

Holiday Tip: Laughing and having fun reduces stress! After all, it's what the holidays are all about!

Holiday Tip: Listen to your favorite holiday music or any music, this will make you feel happier and reduce stress!

Holiday Tip: Keep a calendar and a to-do list to prevent the holiday activities from overwhelming you.

Holiday Tip: Be sure to get a good night's sleep every night! Keep the room at a nice temp, make sure it is dark and quiet, and don't eat a large meal right before bed.

Twitter

Stop for a quick massage, even 10 minutes can lower your #stress level! #HealthyHolidays <http://bit.ly/2dVrzKB>

No time to bake? Invite friends to bake while you decorate. #Christmasparty #HealthyHolidays <http://bit.ly/2dVsGu1>

3 ways to reduce #stress: smell a lemon, go tech free, and exercise. #HealthyHolidays

Decorating can be tiring & stressful. Get outside & take a 30 minute walk to calm the mind & to get in some #exercise #HealthyHolidays

Laughing and having fun reduces stress. After all it's what the holidays are all about! #HealthyHolidays

Listen to your favorite holiday music or any music, this will increase happiness! #HealthyHolidays

Keep a calendar and to-do list to prevent the holiday activities from overwhelming you. #HealthyHolidays

Be sure to get a good night's sleep every night! Keep room dark and at a nice temp. #HealthyHolidays

Holiday tip: Breathe in sync with this to feel calm. http://bit.ly/1Lp8K6C	Breathe in sync with this to feel calm http://bit.ly/1Lp8K6C #HealthyHolidays
Physical Health	
Facebook	Twitter
Holiday Tip: Resist the treats at the mall! You would have to walk 6 hours to burn off a cinnamon roll. Pack healthy snacks to help avoid temptation!	Resist the treats at the mall by packing healthy snacks to avoid temptation. #HealthyHolidays
Holiday Tip: To prevent overeating, chew gum 15 mins before a holiday meal. It will trick the brain into thinking you are eating!	To prevent overeating, chew gum 15 mins before dinner. It will trick the brain into thinking you have eaten already #HealthyHolidays
Holiday Tip: Don't leave the house hungry, this will prevent snacking too much at that holiday buffet!	Don't leave the house hungry. Being full will prevent snacking too much at holiday buffets. #HealthyHolidays
Holiday Tip: Having a holiday craving? Work on wrapping some of those last minute gifts or finish decorating the tree to take your mind off of the craving!	Having a holiday craving? Work on wrapping some of those last minute gifts or finish decorating the tree for distraction! #HealthyHolidays
Holiday Tip: While at a party fill your plate once, and then mingle. This will prevent overindulging in holiday treats!	While at a party fill your plate once, then mingle. This will prevent eating too much! #HealthyHolidays
Holiday Tip: Bring a low calorie dish to the party, this way there is something that won't be calorie heavy and won't break your healthy eating! Need ideas? Try one of these! http://bit.ly/J3VNr6	Bring a low calorie dish to the party, this way you know there's something that's not calorie heavy! http://bit.ly/J3VNr6 #HealthyHolidays
Downsize the sweets this holiday. Made a whole pan of fudge? Put a few pieces aside and give the rest away as a nice gift!	Downsize your sweets. Made a whole pan of fudge? Put a few pieces aside and give the rest as a gift! #HealthyHolidays

Slow down while eating, enjoy the taste and smell of the food and feel yourself getting full faster!	Slow down while eating; enjoy the taste and smell of the food to know when you're full. #HealthyHolidays
Don't neglect regular workouts. Try out a 15 minute workout at home before the next holiday event. http://bit.ly/20aUMQ4	Don't neglect regular workouts. Try this 15 min workout at home before the next holiday event. http://bit.ly/20aUMQ4 #HealthyHolidays
Pack up goody bags for your guests to remove the temptation to eat all the leftovers the next day.	Pack up goody bags for your guests to remove the temptation to eat all the leftovers the next day. #HealthyHolidays
Use holiday leftovers in a healthy recipe like this one http://bit.ly/2e607VX	Use holiday leftovers in a healthy recipe! http://bit.ly/2e607VX #HealthyHolidays

Holiday Hazards

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Holiday Tip: Throw out any creamy dips, mayonnaise based foods, deviled eggs, etc. after two hours so no one will eat any harmful bacteria.	Throw out any creamy dips, mayonnaise based foods, deviled eggs, etc. after 2 hours to prevent any harmful bacteria. #HealthyHolidays
Holiday Tip: Climbing a ladder? Get it as close to the tree or house as possible, never climb to the top rung, always have a spotter, and never climb with full hands.	Climbing a ladder? Get it as close to the tree or house as possible & always have a spotter! #HealthyHolidays
Holiday Tip: When moving packages and large items bring the box close to you while lifting or lowering, turn your whole body (not just at the waist), and use your legs.	When moving large items bring the box close to you while lifting or lowering, turn your whole body, & use your legs. #HealthyHolidays
Holiday Tip: Don't leave candles burning or place near flammable objects!	Don't leave candles burning or put them near flammable objects. #HealthyHolidays

Holiday Tip: Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.	Cold temps can cause health problems, especially in infants and older adults. Stay dry, and dress in layers. #HealthyHolidays
Holiday Tip: Here is how to handle and prepare a frozen Turkey safely, http://bit.ly/1IIQF4B	Here are tips to handle a turkey properly so you don't make your guests sick! http://bit.ly/1IIQF4B #HealthyHolidays
Holiday Tip: Of course, you can't have Turkey without stuffing! But sometimes stuffing can be hard to prepare safely. Check out these tips! http://bit.ly/2f26m1t	Of course, you can't have turkey without stuffing! Check out these tips! http://bit.ly/2f26m1t #HealthyHolidays
Holiday Tip: During the winter season there can be ice on walking areas, remember to spread salt over ice patches around your house to prevent falling!	Remember to spread salt over ice patches around your house to prevent falling. #winter #HealthyHolidays
Keep children away from cooking areas, try to use the backburners, and turn pot handles away from little hands.	Keep children away from cooking areas & make sure pot handles are turned toward the back! #HealthyHolidays
Holiday Tip: When reheating leftovers bring the temperature up to at least 165°F to eliminate any bacterial growth.	When reheating leftovers, bring the temperature up to at least 165°F to eliminate any bacterial growth. #HealthyHolidays

Holiday Germs

Facebook

Holiday Tip: If you feel under the weather, stay in bed, get hydrated, eat soup, and get back to the holidays faster!

Holiday Tip: Cough in the bend of your arm to avoid spreading germs, especially when in overly crowded places, such as the mall.

Twitter

If you feel under the weather, stay in bed, get hydrated, eat soup, & get back to the holidays faster! #HealthyHolidays

Cough in the bend of your arm to avoid spreading germs. #ThingsILearnedinKindergarten #HealthyHolidays

Holiday Resources	
Facebook	Twitter
Holiday Tip: In case you need help remembering all of the best ways to stay healthy this season just listen to "The 12 Ways to Health Holiday Song." http://bit.ly/2ewpW2q	Here are some holiday #health reminders in a song! http://bit.ly/2ewpW2q #HealthyHolidays
Holiday Tip: Having trouble deciding what to get people for the Holiday without breaking the bank? Try out these gifts that are made in the kitchen! http://bit.ly/2fBcvCp	Want to give gifts without breaking the bank? Try out these gifts that are made in the kitchen! http://bit.ly/2fBcvCp #HealthyHolidays
Holiday Tip: Getting to the gym during this busy season can be almost impossible! Try out this at home workout to make up for it! http://bit.ly/1efKR06	It's hard getting to the gym and working out during the holidays. Try out this workout at home! http://bit.ly/1efKR06 #HealthyHolidays
Holiday Tip: 'Tis the season for hot chocolate, but save money and calories by making a healthier hot chocolate at home! http://bit.ly/1PjifJS	'Tis the season for hot chocolate! But \$ave money & calories by making healthy hot chocolate at home! http://bit.ly/1PjifJS #HealthyHolidays
Holiday Tip: Mix it up this year with a new and healthier recipe for your holiday dinner with vegetarian lasagna! http://bit.ly/2eLBh1h	Try out a new & healthier recipe at your #holiday dinner this year, like vegetarian lasagna! http://bit.ly/2eLBh1h #HealthyHolidays
Holiday Tip: Making the turkey is one of the hardest parts of Thanksgiving. Read this helpful article about making the perfect turkey. http://bit.ly/1jQZvGS	The #Thanksgiving turkey is the best & hardest part of dinner! Here are tips to make it perfect! http://bit.ly/1jQZvGS #HealthyHolidays

<p>Holiday Tip: Thanksgiving is a time of reflection and thanking everyone in our lives for all they do. But check out this TED Talk and see why we should be thankful all year! http://bit.ly/2azCQzc</p>	<p>Watch this TED Talk to see why we should be thankful all year, not just on #Thanksgiving http://bit.ly/2azCQzc #HealthyHolidays</p>
<p>Holiday Tip: Look over this baking infographic and learn about baking substitutions to make your sweets healthier! http://bit.ly/1bnp9Lq</p>	<p>Here is a great infographic on baking substitutions to make your #sweets healthier! http://bit.ly/1bnp9Lq #HealthyHolidays</p>
<p>Holiday Tip: Throwing a party can be stressful for the host, but if you follow these tips the party will be fun for everyone, even the host! http://bit.ly/2f9WKPQ</p>	<p>Throwing a party is stressful. Try out these tips & the #party will be fun for everyone, even the host! http://bit.ly/2f9WKPQ #HealthyHolidays</p>