

HEALTHY HOLIDAYS

Holidays can be joyful, but they can also bring busy schedules, added stress, and unhealthy choices. The tips below offer simple ways to care for your health, stay connected, and feel your best throughout the season. Even small steps can make a big difference!

MEALTIME TIPS

- Start with a balanced breakfast so you don't arrive at celebrations overly hungry.
- Fill half your plate with vegetables and lean proteins before adding holiday favorites.
- Bring a healthier dish to gatherings so there is always something nourishing available.
- Stay hydrated with water throughout the day.
- When it's time for dessert, select your favorites and serve small portions, giving yourself permission to enjoy them mindfully.
- Limit or avoid alcohol. Consider festive non-alcoholic options like sparkling water with fruit or warm cider with cinnamon.



STAY ACTIVE

- Take a walk after meals to support digestion and boost mood.
- Create *active* traditions, like walking to see holiday lights in your neighborhood or an annual game of holiday charades.
- If the weather doesn't cooperate, consider doing an indoor workout during the holidays. Visit walkwithadoc.org/virtual for some options.



MANAGE STRESS & GRIEF

- Spend time with people who lift you up. Aim for meaningful moments rather than perfection.
- Simplify traditions or say no to extra commitments when things feel overwhelming.
- Build in small breaks to breathe, stretch, or step outside throughout the day.
- Prioritize sleep by keeping a consistent bedtime and limiting late-night screens and heavy meals.
- Consider inviting a friend or neighbor who may need company this holiday season.
- If you feel lonely, look for local events or volunteer opportunities.
- If you are coping with the loss of a loved one, allow space for grief and honor their memory in a way that feels meaningful.