

12 DAYS OF HEALTHY HOLIDAY TIPS



Stay Healthy
this Holiday
Season!

2014


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Enjoy Those Once-a-Year Treats
— Just Eat Less of Them. **It's possible to indulge without packing on the holiday pounds. Choose the items you can't live without, and enjoy them in smaller portions. Choose Less, Weigh Less.**



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Get Moving and not just at the gym. Park your car farther away from the entrance to the grocery store or shopping mall. Take the stairs at the shopping mall instead of the elevator or escalators. Turn your holiday chores into a workout. And the best way to get exercise during the holidays? Dance!


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Decorate Safely. Holidays are the time to bring out the tinsel and lights, but accidents can happen when decorations go awry. Use flame-resistant or non-combustible materials to trim a tree. And when you leave your home and when you go to bed, be sure to turn off all holiday lights.




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Manage Stress. The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home and holiday parties. And above all, try to get enough sleep each night to stay well-rested, refreshed, and ready to go!

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Don't Skip Meals to Save Calories for Later. **You will be more likely to overeat and consume more calories than if you had small meals throughout the day. And go ahead and enjoy those once-a-year holiday treats, just choose smaller portion sizes. Choose Less, Weigh Less.**

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Wash Your Hands! Germs can survive on door handles, railings and other surfaces you touch with your hands. After being in crowded places—and always before eating—remember to wash your hands with warm water and soap or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

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Avoid Foodborne Illness by Washing Fresh Fruit and Vegetables **thoroughly**, separating raw meat and poultry from other food, and using separate cutting boards, knives, and platters to prepare meats. Keep hot foods hot, and cold foods cold. When in doubt, throw it out.

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Do Something for Someone Else. It doesn't have to take a lot of time or money to remember others this holiday season. **Donate to a charity; volunteer at a senior home or a homeless shelter; serve a meal to a hungry family; or invite friends over to spend a holiday with you.**

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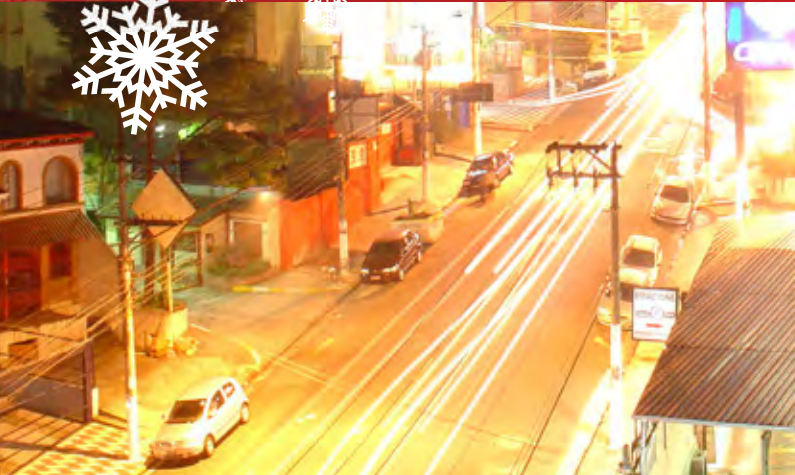
Don't Let Holiday Stress allow you to give in to your cigarette cravings. Instead, brush your teeth, drink water, take deep breaths, grab a cinnamon stick, or sugar-free gum, or go for a walk. LA County residents can get free resources and counseling by calling the California Smokers' Helpline at **1-800-NO-BUTTS.**

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Drink Up — Water That Is! Did you know that there are 22 packets of sugar in a 20-ounce soda? You wouldn't eat that many packets of sugar, so why would you drink them? Try water, unsweetened tea, or low-fat milk for a satisfying thirst quencher that won't pour on the pounds.

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Practice Safety First this Holiday Season. **Shop with a friend; park in a well-lit space; don't leave shopping bags in plain sight; avoid carrying large amounts of cash; and don't overburden yourself with packages. Be alert to your surroundings during the holiday hustle and bustle.**

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Give the Gift of Health. Start new holiday traditions with family and friends that are centered on eating healthy, moving more, and living tobacco free. Small steps can add up to big improvements in your and your family's health, and that's a gift worth giving this year.