

## Tips for a Healthy Holiday Season

- Eat a low fat snack before a holiday meal so you won't be tempted to overeat.
- Chew slowly and savor each bite of food, and you'll be less likely to go for seconds.
- Extend the duration and frequency of your exercise routine to burn off the extra calories.
- Center your holiday get-togethers on communicating and sharing with friends and family rather than on eating and drinking.
- Avoid crowded places to limit your exposure to second-hand smoke and germs.
- Don't mix alcohol with medication.
- Remember to bring enough medications and keep them in your carry-on luggage when you travel.
- Reduce last minute anxiety and stress by shopping early and making a list ahead of time.
- Gift ideas: tea, dried mushrooms, dried fungus, chestnuts, dried or fresh fruits, plants, household items, and books.