

# 4 Healthy Holiday Habits

Amid the hustle and bustle of the holidays, it can be easy to neglect your own health. Here are some easy ways you can stick with your healthy habits over the holiday season!



## Don't neglect exercise

The holidays are busy, but you'll feel better (and happier) if you dedicate some time each day to take a walk, stream a workout video, or do yoga!

## Enjoy treat foods in moderation

Enjoy your treats in the moment and balance your choices out the following day with fruits, veggies, whole grains and lean protein.

## Watch your alcohol consumption

Binge drinking can impair your judgement and worsen your health. Drink in moderation or abstain!

## Stick to your sleep schedule

Try not to stay up too late wrapping last-minute presents or baking cookies! Aim to lay down and wake up at the same time each day.



For more healthy holiday tips, visit [mycare.sharecare.com](https://mycare.sharecare.com).