12 Days of Fitness

It can be challenging to find “me” time during the holidays, but it’s important to prioritize your health. At least 30 minutes a day of exercise can boost both your mood and energy levels during the busy holiday season. To keep your fitness festive, here are 12 holiday-inspired activities that will get you active:

1. **Holiday lights walking tour.** Bundle up and observe neighborhood decorations by foot.
2. **Ice skating.** Lace up and have fun on the ice while improving balance and coordination.
3. **Sledding.** Head to the nearest hill, and be sure to walk back up after racing to the bottom.
4. **Snow shoeing.** Feel your heart pumping oxygen to your lungs while breathing in the fresh air.
5. **Decorate your home.** Digging out boxes of decorations and then tidying up after arranging your festive décor can get your blood pumping.
6. **Get cooking.** A half hour on your feet preparing a meal burns approximately 70 calories.
7. **Rock around the Christmas tree.** Play your favorite music and bust a move for aerobic benefits and a good time.
8. **Get crafty.** Take a winter hike and collect objects in nature, such as pinecones, for a festive art project.
9. **Volunteer.** Look for opportunities that involve physical activity to help others, while helping yourself.
10. **Have a scavenger hunt.** Race to collect items or perform fun activities.
11. **Visit a museum.** Look for special events and seasonal promotions at local museums to help you get your steps in.
12. **Go shopping.** Park far from the door and stroll the local stores.

**Sources:**
- inlineskatestars.com/how-many-calories-do-i-burn-ice-skating-640-850/
- shape.com/fitness/tips/heart-rate-holiday-activities
- skinnyms.com/12-days-of-fitness-the-total-body-workout-challenge/
- tonyrobbins.com/mind-meaning/how-to-prioritize-yourself/
Whether you’re taking a vacation or visiting loved ones, choose nourishing foods to fuel your journey and quench your thirst. Here are four tips to keep your body happy and healthy while you’re on the road:

1. Pack snacks such as fruits, vegetables, and nuts to curb hunger and stay satisfied between meals.

2. Bring a reusable water bottle to refill and stay hydrated, while saving money and helping the environment.

3. At convenience stores, look for options such as low-fat yogurt with granola, cheese and sliced veggies, salads, or fresh fruit options.

4. If making a stop to eat a meal, make healthier decisions at the restaurant by checking calorie counts, selecting baked or grilled foods instead of fried, ordering individual items instead of meal options that include fries and a soda, and sharing large portion sizes with your travel companions.

Sources:
cdc.gov/nccdphp/dnpao/features/healthy-holiday-travel/index.html
novanhealth.org/healthy-headlines/8-dietitian-approved-tips-to-stay-healthy-while-traveling
Sleep is an essential part of overall health, but getting the recommended seven to nine hours of sleep per night can be difficult for some people. If you’re struggling with falling and staying asleep, here are five foods and drinks that may help you get a great night’s sleep.

1. **Fatty fish** (including salmon, mackerel, trout, and tuna). By providing a healthy dose of vitamin D and omega-3 fatty acids, which regulate serotonin, fatty fish may help you catch some Zzzs.

2. **Herbal teas** (including chamomile and passionflower). Some teas contain compounds that bind to receptors in your brain that may help calm you down and reduce symptoms of anxiety to improve sleep quality.

3. **Kiwi fruit**. Researchers believe that its high concentration of serotonin and antioxidant properties may help with sleep.

4. **Nuts** (including almonds, cashews, pistachios, and walnuts). Nuts contain melatonin as well as essential minerals that can help you sleep better.

5. **Tart cherries and tart cherry juice**. Tart cherries have been found to have a high concentration of melatonin, which promotes sleep.

Sources:
healthline.com/nutrition/9-foods-to-help-you-sleep
novanthealth.org/healthy-headlines/8-dietitian-approved-tips-to-stay-healthy-while-traveling
Tart Cherry Sleepytime Elixir

**Ingredients**
- 4 ounces tart cherry juice
- 8 ounces chamomile tea
- 1 tablespoon raw honey

**Directions**
Warm tart cherry juice in a small saucepan on the stove, and brew chamomile tea according to instructions. Combine the tea and cherry juice, and stir in raw honey. Sip slowly. Enjoy!

Source:
abraskitchen.com/tart-cherry-sleepytime-elixir/
Holiday Gift List

The holiday season inspires people to focus on everything that is important in life, such as good health and family and friends. When giving gifts to your loved ones, consider presents that contribute to their overall health and quality of life. Here are gift ideas to support the various dimensions of health and wellness.

<table>
<thead>
<tr>
<th>Dimension of wellness</th>
<th>Gift ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional</td>
<td>Books or a journal</td>
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<tr>
<td></td>
<td>Bath set</td>
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<tr>
<td></td>
<td>Incense or aroma therapy kit</td>
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<tr>
<td>Financial</td>
<td>Purchase stocks or bonds</td>
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<td></td>
<td>Pay for a subscription for a product/service they use</td>
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<td></td>
<td>Pay off one small debt</td>
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<tr>
<td>Intellectual</td>
<td>Books or puzzles</td>
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<tr>
<td></td>
<td>Pay for a class so they can learn a new hobby or skill</td>
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<tr>
<td>Physical</td>
<td>Blender</td>
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<tr>
<td></td>
<td>Massage</td>
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<td></td>
<td>Water bottle</td>
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<tr>
<td>Social</td>
<td>Buy a membership to a museum or local garden where they can walk around and meet people</td>
</tr>
<tr>
<td></td>
<td>Write one thing you can do to help a friend on a card that they can redeem</td>
</tr>
</tbody>
</table>

Sources:
bestcompany.com/debt-relief/blog/14-great-gift-ideas-for-impoverished-friends-and-relatives
cnbc.com/select/smart-financial-holiday-gift-ideas/
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For some, the plethora of holiday parties can be overwhelming. Being in certain social situations can lead us to allow others to influence our actions and behavior. For example, joyous occasions and the holidays can center around tempting foods and an abundance of cocktails. When everyone around us is overindulging, it is easier to overeat or drink too much to “keep pace” with the group. Here are some tips to avoid social pressures and stay on track:

• Plan for or rehearse how you will respond to being offered food or drinks that are beyond your limit.
• Remind yourself of the reasons that you are motivated to practice self-care and make your health a priority.
• Choose behaviors that align with your vision of a healthy you.
• Perceive challenges to stay on track as opportunities to overcome obstacles to reach your goals.

Sources:
corporatewellnessmagazine.com/article/social-influence-and-healthy-behavior-change-healthy-like-me
kidshealth.org/en/teens/peer-pressure.html
kidshealth.org/en/teens/peer-pressure.html
Decisions for Everyone

It can be challenging to make decisions when you’re part of a group — while some will try to please the others in the group, others will try to get their own way. Differing needs and wants can lead to strife, and that conflict can lead to uncomfortable situations.

To make decisions that work for everyone, consider the following:

1. What will benefit the greatest number of people?
2. Be honest. Everyone in the group should express their honest opinion, including what’s important to them and why.
3. Listen. Pay attention to each other’s reasoning.
4. Compromise. Be willing to make concessions, and give up the aspects that are less important to you in order to get what is most important to you.

Sources:
healthline.com/nutrition/9-foods-to-help-you-sleep
novanhealth.org/healthy-headlines/8-dietitian-approved-tips-to-stay-healthy-while-traveling
1. True or False: At least 30 minutes a day of exercise can boost both your mood and energy levels.

A. True

B. False

2. Select the list of foods below that contain sleep-regulating hormones, brain chemicals, and other nutrients that may improve sleep.

A. Nuts, chicken wings, papaya, and peanut butter

B. Tart cherry juice, nuts, tuna, and chamomile tea

C. Fatty meat, grapes, and green tea

3. Which of the following gift ideas best support someone’s emotional health?

A. Water bottle

B. Stocks or bonds

C. Books or journal