CJUSD Health Benefits

December 2024

12 Days of Holiday Health

1 **Stay Active**

Get your steps in during holiday shopping

2 **Eat Right**

Add something healthy to your meal plan for a balanced diet

3 **Gear Up**

Stay warm and safe during cold weather

4 **Habits**

Focus on what's important to you and spend more time with your loved ones

5 **Precaution**

Be safe when putting up Christmas lighting

6 **Sleep Well**

Try for at least 8 hours of sleep a night

7 **Self Care**

Holidays can be stressful, take time to relax

8 **Drink Milk**

Calcium is an important mineral for the human body

9 **Dance**

Improves memory, flexibility and reduces stress

10 **Resolutions**

Leap into the New Year with an achievable goal

11 **Music**

Music can benefit your physical and mental health

12 **Plan Ahead**

Stay hydrated before a holiday party