

Healthy Habits Newsletter

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5 Tips For Staying Healthy During The Holidays

Food is an essential part of holiday festivities. While indulging in a big meal is part of the fun, it's also important to take care of your body. The [American Heart Association](#) shares tips for staying mindful during the holiday season:

1. Substitute recipes with healthier alternatives

Whether you're in charge of dinner or dessert, consider finding a recipe of your favorite dish with reduced salt or sugar. By limiting foods high in sodium, saturated fats, and sugar, you can help reduce the risk of heart attack and stroke.

2. Add more fresh fruits and vegetables to the mix

Rather than fill up on hearty appetizers before a meal, have healthy snacks available. It's easy to let fruits and veggies fall to the wayside during the holidays, but including them in a spread is easy and delicious.

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How Much Sleep Should The Average Adult Get?

Getting enough sleep is critical to good health — especially during the holidays. This joyous season can often feel stressful, and without sufficient rest, it's easier to succumb to sickness or burnout.

According to the [National Heart, Blood, and Lung Institute](#) (NIH), **the average adult should aim to get 7 to 9 hours of sleep per night.**

"Adults who sleep less than 7 hours a night may have more health issues than those who sleep 7 or more hours a night," says the NIH. "Sleeping more than 9 hours is not necessarily harmful and may be helpful for young adults, people who are recovering from sleep deprivation, and people who are sick."



7 Healthier Desserts That Will Make Your Celebration Sweet

These treats are a smart addition to your next family gathering.

[1. Almond Snowball Cookies](#)

[2. Mascarpone with Raspberry and Pineapple](#)

[3. Lighter Chocolate Chip Cookies](#)

[4. Mini Date-Nut Snowballs](#)

[5. Carrot Muffins](#)

[6. Chocolate Macarons](#)

[7. Chocolate Oat Cakes](#)

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

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3. Choose your beverages wisely

Amid the frenzy of holiday celebrations, it's important to stay well hydrated. Bring a water bottle to the family function to ensure that you're drinking enough water throughout the day. Festive drinks such as eggnog, hot cocoa, and alcoholic beverages are best enjoyed in moderation, as they are typically high in calories and sugar.

4. Slow down and stay mindful

With plenty of treats both sweet and savory, it's all too easy to overindulge. Eating slower can help you feel full faster and using a small plate can help with portion control.

5. Stay active

While cold weather and festive gatherings might derail exercise routines, staying active can be great for both physical and mental health.

[Watch this video](#) from Mayo Clinic for more ways to stay healthy during the holidays.

