



## Healthy Holiday Tip

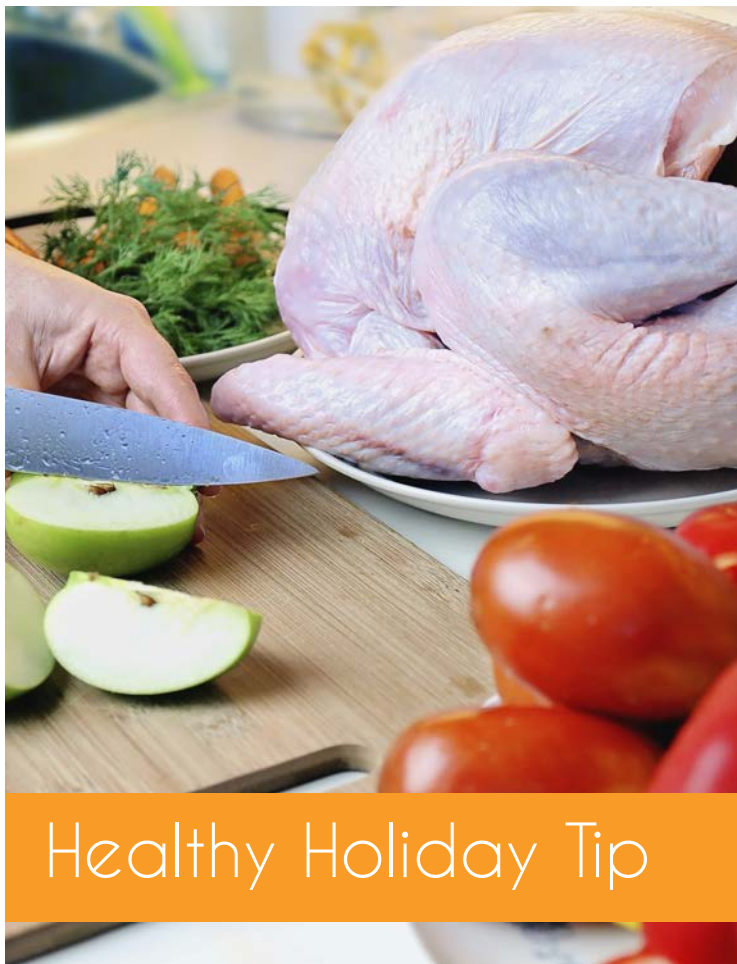
## Eat healthy, and be active.

The holidays are a time to celebrate and give thanks. They also should be a time to pay special attention to your health. With balance and moderation you can enjoy the holidays the healthy way. Give yourself a gift this holiday season and follow healthy holiday tips like these:

- Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods.
- Find fun ways to stay active, such as dancing to your favorite holiday music.
- Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Source: <http://www.cdc.gov/family/holiday/>

*This Healthy Holiday Tip is brought to you by Blue Cross and Blue Shield of Nebraska because we care about you and your health.*



## Healthy Holiday Tip

### Handle and prepare food safely.

As you prepare holiday meals, or any meals, keep yourself and your family safe from food-related illness.

- Wash hands and surfaces often.
- Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces.
- Cook foods to the proper temperature.
- Refrigerate promptly. Do not leave perishable foods out for more than two hours.

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### Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

- Wash your hands with soap and warm water for at least 20 seconds.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

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4

### Be flexible and mix it up.

Be flexible when your days get busy. Instead of simply blowing off your 5 p.m. trip to the gym in favor of an office party at the same time, wake up an hour early and walk or jog before work. Or fit a brisk walk into your lunch hour. To save time, combine exercising and family commitments. For example, hauling the kids up a hill a few times can make a sledding trip as beneficial as a jog. Taking the family snowshoeing, cross-country skiing, or on a backpacking trip will provide exercise as well as quality time with loved ones.

Source: <http://www.webmd.com/diet/healthy-holidays-8/holiday-fitness>

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## Healthy Holiday Tip

### Eat sensibly at holiday gatherings.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy, and safe:

- If you plan on treating yourself later, start your day with a small meal that includes whole grains, fruit, low-fat or fat-free dairy and protein like eggs, ham, or peanut butter.
- Don't starve yourself beforehand. Rather, eat a small, lower-calorie meal or snack such as fruit or a bagel so you aren't tempted to overdo your calorie intake for the day.
- Choose carefully between foods you definitely will eat, those you will sample, and those you will skip.
- Don't rush to eat. Socialize and settle into the festivities before you eat.
- Move your socializing away from the buffet or appetizer trays. This will minimize unconscious nibbling.

Source: <http://www.eatright.org/Public/content.aspx?id=11644>

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## Healthy Holiday Tip

### Limit alcohol.

Take steps to make sure you and other guests avoid driving under the influence of alcohol:

- Offer alcohol-free beverages.
- Plan ahead. Always designate a nondrinking driver before any party or celebration begins.
- Don't drink and drive or let others drink and drive.

Source: <http://www.cdc.gov/Men/superbowl/index.htm>

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## Manage Stress.

The holidays don't need to take a toll on your health and pocketbook:

- Keep a check on over commitment and overspending.
- Balance work, home, and play.
- Get support from family and friends.
- Keep a relaxed and positive outlook.
- Make sure to get proper sleep.

Source: <http://www.cdc.gov/family/holiday/>

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## Healthy Holiday Tip

### Stay warm.

If it's going to be cold, take these steps to stay warm on game day:

- If you are tailgating or celebrating outdoors, dress warmly and wear loose-fitting, layered clothes.
- Outer garments should be tightly woven and water-repellent.
- Drink warm liquids that do not contain caffeine or alcohol. Alcoholic drinks cause your body to lose heat more quickly.

Source: <http://www.cdc.gov/Men/superbowl/index.htm>

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## Healthy Holiday Tip

## Eat healthy while attending or hosting a Super Bowl party.

Hosting the party? Add healthy snacks to your menu instead of just the high fat foods. Go for the Super Bowl trophy by serving all healthy snacks:

- Include fresh fruits and vegetables, such as apple halves or carrot sticks. There should be a variety in season.
- Avoid the blind side; many dips and dressings contain far more calories than you think. Limit portions or serve fat-free or low-fat dips and dressings.
- Offer foods and beverages low in fat, calories, sugars, salt, and sodium.
- Serve foods and beverages that can be consumed by people with diabetes or on special diets. Water is always a great alternative to sugary and caffeinated drinks.

Source: <http://www.cdc.gov/Men/superbowl/index.htm>

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