



ADULT HEALTH BULLETIN



DECEMBER 2017

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THIS MONTH'S TOPIC: HAPPY AND HEALTHY HOLIDAYS



It is common to pack on 5-10 pounds during the holiday season, but there are ways you can eat both healthy and well! The holidays are a great opportunity to enjoy time with family and friends, celebrate life, be grateful and reflect on what is important. They are also a time to appreciate the gift of health.

Stay active

Physical activity is just as important during the holidays as any other time of the year. You should be active at least four to five times a week for 30 minutes. Exercise will help you deal with added stress and give you energy for all you need to accomplish this holiday season. It will also help

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➔ Continued from page 1

you manage your weight through the parties and gatherings. Make it a family affair and have quality bonding time. Walk around the neighborhood to look at holiday decorations, play a game of charades or dance to your favorite holiday music. It may be cold outside, but winter offers different fun like ice skating, sledding or snowball fights. All of which are great ways to get moving.

Eat well

With all the delicious foods available, eating too much may seem expected during the holidays. However, moderation is a great mantra for the holiday season. Have a mindful approach towards eating by controlling portions, slowing down to enjoy your meal and paying attention while you eat. Make it a priority to eat five or more fruits and vegetables a day. With balance and moderation, you can enjoy the holidays the healthy way.

Wash your hands often

Colds and the flu are most prevalent in the winter. One of the easiest ways to prevent getting sick or spreading germs is keeping your hands clean and urging others to do the same. Hand washing should take place before, during, and after handling food; after handling, petting or giving a pet treats; before you eat; and after you sneeze, cough or blow your nose. Wash your hands with soap and water for at least 20 seconds.

Manage stress

Holidays do not have to be stressful. Be realistic, plan ahead and take time for yourself. Handling stress can be done by getting adequate amounts of sleep, committing to fewer gatherings or setting a budget for the holidays. Do not feel guilty about taking time to breathe during the holidays. You have to take care of yourself before you can take care of others.



Prevent injuries

Many common holiday activities can cause injuries that put a damper on the holiday cheer. Watch young ones and assist the elderly who are at increased risk of falls and other injuries during this time. For holiday safety, remember: stand on a step stool or ladder instead of furniture while putting up decorations; ask for help; sprinkle sand or salt on icy patches; never drink and drive; and be aware of extreme weather conditions. Most residential fires also occur in the winter; never leave fireplaces, stoves or candles unattended.

Have a joyous holiday and hope that some of these tips will keep you safe and healthy well into the New Year!

REFERENCES:

- <https://www.cdc.gov/family/holiday>
- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
- http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/This-Holiday-Season-Eat-Mindful-Not-Mindless_UCM_447030_Article.jsp#.WeT4UVtSy70
- <http://orthoinfo.aaos.org/topic.cfm?topic=A00367>

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