



Healthy Holiday Tips



Flu Shot - Make sure to receive your seasonal flu shot to give your body a chance to prevent the flu



Healthy Eating - Maintain a healthy diet while increasing your intake of fruits and vegetables



Hand Washing - Maintain your usual hand washing routine to prevent spreading of the flu and infections



Get Plenty of Sleep - A good night's rest of 7 - 9 hours will help your immune system fight off illnesses



Stay Active - Limit your screen time and time spent indoors to partake in some physical activities



Holiday Traditions - Enjoy your time off and spend it celebrating family and time together. This will help your body and most importantly your mental health