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FOR YOUR HEALTHIEST HOLIDAYS

As we celebrate the most wonderful time of the year with friends and family, don't forget to make it a healthy holiday season, too.



Check-ups and vaccines are important. Your provider can make sure you're on a healthy course based on age, medical history and family health history.



Make healthy meal choices. Practice moderation and enjoy the holidays the healthy way. Limit fats, salt and sugary foods.



Keep your workout routines. Find fun ways to stay active, such as dancing to your favorite holiday music.



Take time for yourself. Even ten minutes of relaxation and quiet can ease stress. Reading, watching a movie or preparing a new recipe may help.



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



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