

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health

## Holiday Stress? Our Top 5 Tips for a Healthy Holiday Season

If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone. And if the Grinch has stolen your spirit and good intentions, try some of these tips to reclaim your ho-ho-ho and stay happy and healthy.



### 1. Keep up healthy habits.

Make a pact with yourself during the holidays. For example, decide that you'll move more and do something active every day over the next three weeks. Take it a step further, and pledge to start the day with a healthy breakfast, limit the sweets and get at least seven hours of sleep each night. If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are over.

### 2. Beware of seasonal sweets.

The holidays often dish up extra helpings of less-than-healthy treats. Try preparing healthy snacks that are ready to eat when the urge to snack strikes. If you're hosting a holiday party, challenge yourself to make delicious and healthier options using our recipes and cooking tips.

### 3. Stay active.

Instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. For example, if the weather isn't too frightful and you're working from home, ride your bike around your neighborhood during a lunch break.

If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

### 4. But not too active.

Give yourself the gift of peace. If you need some down time to recharge, declare a "me-treat" and do something that relaxes you. Try yoga, meditation or spending time in nature.

### 5. Make a plan for the new year.

Your poinsettia's pooped and the gifts are all gone. Now what? It's a great time to reset for the new year – but don't go dashing through your to-do list too fast, or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine and sign up for a virtual Heart Walk before you set your sights on that marathon.

Source: <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/holiday-stress-try-our-top-5-tips-for-a-healthy-holiday-season>

# Holiday Shopping Safety Tips

Before making any purchases for the people on your list this season and throughout the year, make sure to keep safety in mind. We want to keep the holidays a magical time of the year without any trips to the E.R. or emergencies.

Follow these 3 important tips to be sure you're purchasing safe gifts:

Inspect the toys before you buy them. Avoid toys with sharp edges or parts that can be easily pulled off. For children younger than age three, avoid toys with small parts, which can cause choking.

Make sure the age and skill level marked on the toy matches the age and skill level of the child you're buying for.

Check toys for the ATSM (American Society for Testing and Materials) label that proves it's up to standard.

## Other safety tips to keep in mind this holiday season:

Do not give toys with ropes, cords, or that can heat up, and avoid crayons and markers unless they are labeled nontoxic.

Keep high-powered magnet sets away from children. Building and play sets with small magnets should also be kept away from small children.

Keep deflated balloons away from children younger than eight years old as they can choke or suffocate on deflated or broken balloons. Also discard broken balloons immediately.



Helmets and safety gear should be worn properly at all times and they should be sized to fit when using riding toys, skateboards and in-line skates.

After gift opening, immediately discard plastic wrapping or other toy packaging before the wrapping and packaging pose safety issues.

Keep toys appropriate for older children away from younger siblings.

Source: [https://americanspcc.org/national-safe-toys-and-gifts-month/?gclid=CjwKCAiA9qKbBhAzEiwAS4yeDQ930Xfy5bueT5xhiVtYwLravIJvw\\_xcwpQPk5fdo4UTUmzrHbDa-xoCrDcQAvD\\_BwE](https://americanspcc.org/national-safe-toys-and-gifts-month/?gclid=CjwKCAiA9qKbBhAzEiwAS4yeDQ930Xfy5bueT5xhiVtYwLravIJvw_xcwpQPk5fdo4UTUmzrHbDa-xoCrDcQAvD_BwE)

## National Influenza Vaccination Week



National Influenza Vaccination Week (N.I.V.W.) is observed between December 6 and 12 as a gentle reminder for you to stay protected in the upcoming winter months. If you haven't already gotten your flu shot, it's not too late. We encourage

you to get your vaccine as early as possible. The season for flu is quite unpredictable; it can begin as early as fall and last up to spring.

Conventionally, flu activity is at its peak during winter, and so public healthcare professionals, advocates, and communities join hands to promote flu vaccination. Many people tend to show a cavalier attitude toward flu, dismissing it as a bad cold. But it's more than that. It can cause serious health complications, such as bacterial infections or pneumonia, and can get you admitted to a hospital. If not treated at the right time, the flu can even lead to death.

To prevent such mishaps and to raise awareness, the Centers for Disease Control and Prevention (C.D.C.) created N.I.V.W. in 2005. Let's celebrate National Influenza Vaccination Week as responsible family members, friends and citizens and get vaccinated, in order to protect as ourselves and others.

Source: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

## Happy Holidays!

On behalf of all of us at AvMed, best wishes for Peace & Joy this Holiday Season. We hope the New Year brings you happiness, good health and prosperity; and we wish you and your family the very best in 2023!

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<sup>1</sup> \$25 enrollment fee waived for standard fitness centers only 10/1/22 12:01 a.m. - 12/31/22 11:59 p.m. PT.

<sup>2</sup> Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

<sup>3</sup> Plus applicable taxes for standard fitness centers. Costs for premium exercise studios exceed \$25/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

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