

Road to **WELLfluent**TM

Embrace better health.



HEALTHIER HOLIDAYS ARE AS EASY AS 1-2-3-4!

Few Americans get enough physical activity, and many don't eat a healthful diet. The winter holidays can be a great time to think about your goals for the year ahead. Follow these tips to jump start your resolutions, and be your healthiest self this holiday season and into the New Year!

1. Stay active.

Being active is your secret weapon this holiday season. It can help make up for eating more than usual and has many other health benefits.

Walking is a great way to be active. Try these tips to incorporate more walking into your activities:

- Skip the search for a close-up parking spot. Park farther away and walk to your destination.
- Make a few extra laps around the mall. Walk the length of the mall before going into any stores. The mall is also a good place to walk to avoid bad weather.

- Start your work day by taking the stairs. Remember to stretch your legs and take short physical activity breaks throughout the day.

2. Eat healthy.

Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, saturated fat, or added sugars. The key is eating them only once in a while or in small portions and balancing them out with healthier foods.

- If you are traveling this season, take healthy snacks along, like fruit and low-fat protein. That way, you can avoid the temptation of convenience foods high in fat, sugar, and salt.

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- If your favorite home recipes call for fried fish or chicken with breading, try healthier baked or grilled variations. Maybe try a recipe that uses dried beans in place of higher-fat meats.

Resolve to make new habits. This year, while at parties and other gatherings, fill your plate with fruits and veggies first, and pick small portions of just your favorites of the other items.

Your holiday activities don't have to be **All** about eating. Try a new game with family, or take the party outside and toss a football or take a walk together.

3. Plan activities that don't involve eating.

In addition to enjoying a meal with friends and family around the table, plan other ways to enjoy the season together!!

- Try a seasonal activity with your family. Go ice skating or jump start your bucket list for the year.
- Make a regular "walk and talk" date with a friend or family member. Skip the Frappuccino and explore a part of your town or city that may be new to you.
- If the weather or shorter daylight hours prevent you from heading outdoors, try mall-walking, or planning a family game night. Visit that museum, botanical garden, or exhibit you've been wanting to see.

4. Get your flu shot.

It's easy to get run down and become sick during the hectic holiday season, with crowds and travel coinciding with cold and flu season! But it is easy to protect yourself, your

family and friends from the flu by getting vaccinated. It's a great gift you can give yourself and the ones you love and it's free at participating providers and pharmacies. In fact, December 1-7, 2019 is National Influenza Vaccination Week! CDC established National Influenza Vaccination Week (NIVW) in 2005 to highlight the importance of continuing flu vaccination through the holiday season and beyond.

CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it's not too late to get a flu vaccine.

- As long as flu viruses are spreading and causing illness, vaccination should continue throughout flu season in order to protect as many people as possible against flu.
- Vaccination efforts should continue through the holiday season and beyond. It's not too late to vaccinate. The season usually peaks in January and February and lasts well into the spring.
- Even if you have already gotten sick with flu, you can still benefit from vaccination since many different flu viruses spread during flu season and most flu vaccine protects against several different flu viruses. Share the love not the flu this holiday season and get your flu shot today!

Consider what new healthy traditions you can start this year. The possibilities are endless!

Sources:

<https://www.cdc.gov/flu/resource-center/nivw/about.htm>

<https://www.cdc.gov/nccdphp/dnpao/features/stay-active/index.html>

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 2020!



New Year's Resolution?

AvMed has one for you...Join the Active&Fit Direct™ program during December 2019 or January 2020 and pay NO enrollment fee.* Enroll and choose from 10,000+ participating fitness centers and select YMCAs nationwide for \$25 a month. Visit your Member Portal at www.AvMed.org/Login and click on "Services & Programs" to learn more.

APPLY PROMO CODE **NEWYOU2020** on the payment screen to receive \$0 enrollment in the Active&Fit Direct program.

*\$0 enrollment offer valid December 1, 2019 through January 1, 2020. Plus applicable taxes.



DECEMBER EVENTS

Date	Time	Event	Location	Description
Sunday December 8, 2019	7:00 am	Reindeer Run Half Marathon 13.1M, 5K Run Kids Run	Main Beach Park, Corner of Atlantic Ave. and S. Fletcher Ave. Fernandina Beach	This race will surely get you in the Christmas spirit! All the events start and end at Main Beach Park located on what we like to think of as our paradise... Amelia Island, Florida. The 5K and kids runs will take place through the north part of Main Beach neighborhoods, where you will be welcomed by cheering neighbors and Christmas carolers throughout the route! http://www.ameliarunners.com/reindeer-run
Sunday December 15, 2019	7:30 am	Fort Lauderdale Jingle Bell Jog 5K	DC Alexander Park 501 N. Fort Lauderdale Beach Blvd. Fort Lauderdale FL 33304	The Fort Lauderdale Jingle Bell Jog 5K is an annual running event that champions all things associated with the festive winter holidays... Jingle Bells, Santa, Mistletoe, Egg Nog, Reindeer, Elves! Most events give out a shirt with your entry; not this event! All participants will receive a Santa Suit costume! You will also receive a pair of Jingle Bells to tie to your running shoes! The sights and sounds of running Santas will take over Fort Lauderdale Beach & A1A! All finishers will be treated with a Holiday themed medal http://1stplacesports.com/races/salute/

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A Wellness Newsletter for AvMed Members

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December 2019