

## December: Heart Healthy Holidays



The holidays can be a stressful time for many. Make sure to give yourself the best gift you can: [health](#)-- this holiday season. Here are some tips to keep you healthy for the holidays! For more information, follow the links on the green words!

- Avoid [Binge Drinking](#)- defined as 5 or more [drinks](#) on a single occasion for men or 4 or more drinks on a single occasion for women
- Don't drink and drive or let others drink and drive.
- Be [smoke-free](#). Avoid smoking and second-hand smoke. Call 1-800-QUIT-NOW or talk to your health care provider for help.
- Fasten [seat belts](#) while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.
- Get exams and screenings. Ask what exams you need and when to get them.
- Get your vaccinations, which help prevent diseases and save lives.
- Monitor the children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Make sure toys are used properly
- Practice [fire safety](#). Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.
- Prepare [food safely](#). Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
- Eat [healthy](#), and [get moving](#). Eat plenty of fruits and vegetables. Bring healthier dishes to [parties](#). Limit your portion sizes and foods high in fat and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.
- [Wash hands](#) often to keep yourself from spreading germs and getting sick. Bundle up to stay dry and warm.
- [Manage stress](#). Don't over-commit yourself and prevent holiday anxiety and pressure.

Finally, remember to enjoy yourself. Just for fun, listen to the "[The 12 Ways to Health Holiday Song!](#)"

