Before getting carried away this holiday season, here are some fun, quick health and wellness tips that can promote a delicious holiday while staying healthy.

1. **Make sure your food is safe!**
   Keep food safe to prevent food borne illnesses. Wash hands and food contact surfaces often. Keep raw meat and their juices away from ready-to-eat food. Cook turkey or stuffing to 165°F. Refrigerate perishable food within two hours.

2. **Make physical activity part of your holiday tradition.**
   Search for an organized walk or run in your local community or incorporate some form of exercise into your holiday tradition. Playing with the little ones outside or taking a walk after a big meal will help you not feel as full and listless.

3. **Eat Often.**
   Be sure to eat a healthy breakfast on the days that you know you’ll eat more than usual. Eating smaller meals throughout the day will help you get full faster, therefore eating less. Try not to arrive at dinner famished because you starved yourself all day, this could open up the potential for over-eating. Consider having dessert a few hours after the meal is complete.

4. **Think "Eat This Not That".**
   It’s all about the right choices! You probably already know what the better choices are, but here are a few reminders. Consider cranberry sauce over gravy and choose white meat over dark meat, as it’s less fatty. Take bigger portions of healthy items like vegetables, and more moderate portions of creamy casseroles.

5. **Connect with the spirit of gratitude this holiday season.**
   Some research shows that expressing gratitude can help improve mood, increase energy levels, relieve stress and increase motivation. Remember to take a few deep, relaxing breaths throughout the day. Even positive emotions like excitement and enthusiasm create stress in the body, so it’s important to periodically do something that promotes relaxation.

*Tips courtesy of CareWorks, 2011.*