



## Health Watch

### Staying Healthy this Holiday Season

The holidays can bring chaos to your health. But it doesn't have to be this way; below are three simple tips to keeping healthy this holiday season and year-round.

- 1). Share your workout time with visiting relatives. No matter if you have different fitness levels, engage them in activities that keep you active together. The American Heart Association recommends 30 minutes or more of exercise most days of the week.
- 2). Remind family that the point of holiday gatherings is to celebrate, not to eat. Use the holidays to create quality family time. Create healthy holiday habits, such as taking a walk around the neighborhood after dinner to look at holiday lights, or a morning jog or bike ride.
- 3). Don't starve yourself the day of the Thanksgiving or Christmas party so you can fill up on food that evening. If you eat normally throughout the day, and in 5 small portions, you're much less likely to overeat.

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