

WELLNESS MATTERS

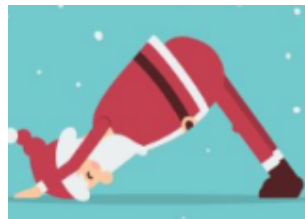
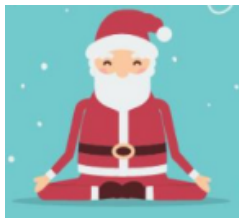
DECEMBER 2023
HEALTHY HOLIDAY EDITION

Nutrition Tip

Before your next holiday event, take a moment to eat foods your heart will love.

Try a quick and healthy snack like fruit, cheese, carrots and hummus or a small salad before you leave home.

And, don't forget to drink water!



Exercise Tip

Make this holiday season your time to try something new and seek balance in your physical health like Santa.

Make a list of activities you've always wanted to try and choose one to do. Maybe, it's yoga, skiing, ice skating, or a family hike.

Have some fun with physical activities!

