

HEALTH EDUCATION



5 Healthy Habits for December

1. Embrace seasonal foods.



A favorite food of the holiday season is pomegranates. They're festive, a good source of fiber and a great combination of crunchy and sweet.

Toss them in salads, sprinkle them over yogurt or eat by the spoonful.

2. Take a stand.



The average American sits approximately 15 hours each day. It's no wonder sitting is now being called the "new smoking." Consider standing for part of your workday when possible. Start small by standing for tasks that you do multiple times throughout the day, such as checking email or returning phone calls.

3. Keep portions handy.

If you want a simple strategy for watching your calories this holiday season, use your hands. Keep protein to the size of your palm, grains the size of your fist and eat at least two handfuls of leafy greens every day.



4. Stay hydrated.

Winter weather can be rough on skin. Hydrate from the inside out by beginning each day with a full glass of water. If the thought of drinking something cold is unappealing, try starting with hot lemon water. Stay hydrated by drinking one glass of water before every meal.



5. Pick a habit: one to choose and one to lose.

Setting New Year's resolutions is so last year. Instead, consider the things you do (and don't do) every day. Pick one habit you want to choose to do in 2024, and one habit you want to lose. Then, set out to make those habits happen.



[Reference](#)