prescribeFIT

THANKSGIVING → NEW YEAR'S

DON'T WAIT FOR JANUARY 1

Give yourself the gift of a small step today.

Celebrate the season while making room for your health goals.

UNWRAP YOUR NEXT STEP

Start one healthy habit today

Choose one manageable habit to practice now. You don't need to wait for the calendar to change.

KEEP YOUR MOMENTUM MERRY

Keep up your everyday habits

Make room for familiar routines, even when holiday plans change your schedule.

'TIS THE SEASON FOR SMALL STEPS

Set a realistic holiday goal

Pick something that fits your life, and talk with your care team about how to work toward it.

WRAP UP THE GUILT

Take your next step after a setback

If a day goes differently than planned, give yourself grace. Return to a familiar habit at your next opportunity.

MAKE YOUR WELL-BEING A PRESENT

Make time for movement & rest

Include activity that fits your abilities and time to recharge in your holiday plans.

A LITTLE HELP FOR THE HOLIDAYS

Stay connected with your care team

Share your successes, questions, and challenges. You have support throughout the season.

CHOOSE ONE SMALL STEP & START TODAY.

Enjoy your favorite traditions while making room for your well-being.

General wellness information, not medical advice. Talk with your care team before changing your diet or activity.