THANKSGIVING → NEW YEAR'S

STAY ON TRACK THIS HOLIDAY SEASON

Enjoy the season while keeping your health goals in sight.

SIP, SIP, HOORAY!

Drink water throughout the day

- ✓ Keep water handy during busy holiday schedules and celebrations.
- ✓ Follow your care team's guidance about how much fluid is right for you.
- ✓ Bring your reusable water bottle along for the festivities.



HYDRATE

FUEL UP FOR THE FESTIVITIES

Eat a balanced meal before parties

- ✓ Plan a meal with protein, fiber, and healthy fats before you go.
- ✓ Talk with your care team about choices that fit your needs.
- ✓ Add a balanced meal or snack to your party prep.



FUEL WELL

WALKIN' IN A WELLNESS WONDERLAND

Schedule time for movement

- ✓ Put activity on your calendar alongside your holiday plans.
- ✓ Choose a walk, home workout, or another activity that fits your abilities and care team's recommendations.
- ✓ Make movement part of your holiday plans—even when the calendar gets packed.



MOVE

SILENT NIGHT, RESTFUL NIGHT

Prioritize sleep and rest

- ✓ Make room for sleep and recovery during the holiday rush.
- ✓ Give yourself permission to take a break.
- ✓ Even holiday helpers need time to recharge.



REST

Small habits. Plenty of holiday cheer.

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