

Health *capsule*

Happy Healthy Holidays!

During the holiday season, many of us find it challenging to maintain healthy habits. Here's how to get through the season in good form.

Savour the flavours of the season – without overdoing it!

During the holidays, you shouldn't have to deny yourself the pleasures of delicious holiday treats. Follow these tips for savouring the season without hurting your health.

- Hit the grocery stores;

Stock your shelves with healthy, can't-miss foods. It is especially important to maintain a healthy nutrient intake. Keep fresh fruit and vegetables on hand, and stash away some hearty, beneficial snacks, such as nuts mixes, or dried fruits.

- Don't skip meals;

Especially not breakfast! A healthy and power-packed breakfast could include fruits, whole grains, and some protein. Missing out on regular meals will only make you hungrier later on and more likely to indulge in unhealthy foods.



Alcohol: Be holiday smart!

While at parties, pace your intake of drinks. Wait an hour between drinks, and make sure you have something to eat so that you are not drinking on an empty stomach. Having food in your stomach will help slow the effects of alcohol intoxication. Alternate between alcoholic and non-alcoholic beverages. And watch out for that bowl of holiday punch, which may pack more punch than you'd expect.

Stay stress-free this holiday season

Stress piles up around the holidays. What should be a time of peace, joy, and giving can become a time of hurrying, rushing, and worrying. It's important to find a way to balance holiday stress so you can enjoy the true pleasures of the season.

- Get enough sleep;

Give yourself the gift of a good night's rest. Get your shopping, wrapping, and planning done in time for a full seven to eight hours of sleep each night, and more during periods of extra stress.

- Don't overbook;

It is all right to say "no" now and again! You have the option of politely declining invitations or rescheduling a few events if need be. Save your strength and holiday spirit for the activities that really matter to you.

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Active living for the holidays

Remember the energy you had as a kid around the holidays? If you were like most the cold couldn't hold you back! Reclaim that active spirit and get moving this holiday season.

Let it snow! Let it snow! Let it snow? Whether you're a fan of the white stuff or not, it'll be hard for many of us to avoid the snow this winter. Rather than hibernating until spring, embrace the fun, festive, seasonal spirit and take part in some winter fitness.

You could gather your family and friends and make winter fitness a group thing. Or you could head out into the snow with only yourself and a playful, adventurous attitude. Either way, find a place for fitness in your holiday schedule. Physical activity can help relieve stress and burn off some of those holiday indulgences. It doesn't have to take a lot of time, or even be particularly strenuous. Evidence shows that even low-intensity exercise has health benefits.

Try the following activities. Winter has much to offer - get out there and enjoy the season!

- Strap on those skates
- Hit the slopes
- Ski cross-country
- Walk in a winter wonderland

Source: www.chealth.canoe.ca

Did you know that...?

Operation Red Nose is a unique program dedicated against drinking and driving. Essentially, it is a volunteer driving service provided during the Holiday Season to all drivers who have been drinking or who do not feel fit to drive their own vehicle. It is an original and free way of getting a safe ride in one's own vehicle without driving it!

Since 1984, Operation Red Nose's mission has been to encourage responsible behaviour with regard to impaired driving in a non-judgemental manner by enabling communities to provide a free and confidential chauffeur service to their members, the financial benefits of which are redistributed to local organizations dedicated to youth.

You can visit operationnezrouge.com to find the phone number for your region. Here are some phone numbers:

- Montreal : 514.256.2510
- Quebec : 418.688.8080
- Laval-Basses-Laurentides : 450.664.4314
- Drummondville : 819.478.0070

And don't forget that taxi is another alternative for getting home safe after an evening out.

Source : www.operationnezrouge.com



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