



LARIMER
COUNTY

DECEMBER 2022

HEALTH UPDATE

Tips to Be Well This Holiday Season

FACTOR HEALTH INTO FESTIVITIES



Enjoy everything the holidays have to offer with habits that support your health.

Enjoy a happy and healthy holiday with these overall wellbeing tips.



KEEP MENTAL AND PHYSICAL HEALTH AT THE TOP OF YOUR LIST

Bundle up and venture outside for activities that boost your physical and mental health. Try ice-skating and snowshoeing, or go for a walk through your neighborhood in the evening to enjoy holiday decorations. Check in with friends and family often and utilize your mental health resources such as virtual counseling to support your mental wellbeing.



SNACK ON FRUITS AND VEGETABLES

Instead of crackers, choose crunchy vegetables or fruit to pair with dip for a nutritional boost. This can help balance your intake of carbohydrates, dairy, and fried foods. Encourage healthier snacking by bringing a lighter dish such as a vegetable and hummus plate or spiced nuts to your holiday gatherings.



SET HEALTHY BEVERAGE LIMITS

Choose water to stay hydrated and limit your intake of alcoholic or rich beverages. It's important to set healthy limits to avoid overindulging in alcohol and sugary drinks. Drink eight ounces of water at every meal or enjoy a glass of sparkling or still water in between each alcoholic or holiday beverage.