**December Social Media Posts**

Healthy Holidays Month, Christmas & Hanukkah

**Post #1:**

Healthy Holidays Tip: Use unused insurance benefits

As the end of the year is quickly approaching, we want to remind you to utilize any unused insurance benefits before they expire at the end of 2020. Many of you also participate in Flexible Spending Accounts or Health Savings Accounts with your employer. In most cases, any benefits left in these accounts do not roll over each calendar year. Now is the time to take advantage of the end of the year to schedule any procedures or services that you may have been putting off.

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**Post #2:**

Healthy Holidays Tip: Manage stress

The added pressures of last-minute shopping, and entertaining during the holiday season may cause some increased stress. Stress can affect both our emotional and physical health, so we encourage you to take care of yourself by eating well-balanced meals, getting enough sleep, talking with friends and family, and taking time to relax.

Yoga can also help anxiety and stress! Get some tips for relaxing with yoga here >> <https://femalehealthawareness.org/en/video-of-yoga-to-help-anxiety-and-stress/>

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**Post #3:**

Healthy Holidays Tip: Have a fitness plan!

If you’re an outdoor exerciser, take a look at the weather forecast so you can plan accordingly. Block out the time for your workouts, so that you know you’ll have positive energy going for you throughout the holiday season.

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**Post #4:**

Healthy Holidays Tip: Moderate your treats.

More than any other time of year, the holiday season is associated with lots of “special” foods—turkey and stuffing, pumpkin pie, candied yams, green-bean casserole, latkes, Christmas cookies, etc. Some of these would put you way off your food plan, even if you managed not to stuff yourself the way so many people do. But others are just fine when eaten in moderation, or can be made much healthier—in fact, you couldn’t do much better than a meal of turkey, baked yams, and fresh green beans.

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**Post #5:**

Healthy Holidays Tip: Eat a filling breakfast and lunch

[Don’t starve yourself](https://www.beachbodyondemand.com/blog/why-you-need-help-losing-weight) before the big meal! You may think you’re “saving up calories,” but the hungrier you are when you arrive, the more likely you are to make poor food choices and wind up eating more than you might have otherwise.

Start the day with a healthy, satisfying breakfast and a reasonable lunch, so you won’t be ravenous by the time the holiday meal is served.

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**Post #6:**

Healthy Holidays Tip: Stay hydrated.

Sometimes when you feel hungry, you’re actually just experiencing thirst. And it’s definitely the case that people often overlook the importance of hydration during the holiday season. The social pressure is to consume cocktails and sugary drinks at holiday events, not water.

When you’re even busier than usual going to and from appointments or are maintaining a busy work schedule, hydration is everything. The good news? There are [LOTS of apps available to prompt us to drink enough water](https://apps.apple.com/us/app/daily-water-drink-reminder/id466387763). It not only keeps our skin looking fresh, but also sends a message to our brains that we’re satisfied and full.

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**Post #7:**

Healthy Holidays Tip: Eat healthy and be active!

It may be easy to over-indulge during the holidays as savory meals and sweet treats are a staple at festive gatherings. However, by practicing portion control and making healthy food choices, the holiday season does not need to be associated with an expanding waist-line and weight gain. Consider swapping out sugary-desserts for fresh fruits, or limiting your intake of foods rich in fats or salt

To learn more about women’s nutrition visit >> <https://femalehealthawareness.org/en/nutrition/>

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**Post #8:**

Healthy Holidays Tip: Practice self care.

Holidays are one of the most stressful times of the year. And stress raises your cortisol levels, which may make you feel sluggish or worse, can cause unexpected weight gain. So make sure you take time for yourself to reduce stress.

Whether it’s a manicure, a massage, a restorative yoga practice, or time reading a good book, take time for yourself this holiday season.

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BONUS Post #1: Merry Christmas

 

BONUS Post #2: Happy Hannukah

