



# 5 HOLIDAY HEALTH Tips

To keep you happy and healthy this holiday season!



## Beware of fire Hazards

If you're using an artificial tree, make sure it's made of fire resistant materials. Whether you have a real or artificial tree, be sure to keep it away from potential fire hazards like space heaters and fireplaces.

## Be up to date on Immunizations

Try to get your annual flu shot 1-2 weeks prior to traveling or participating in large gatherings since it takes 1-2 weeks to develop the adequate antibodies.



## Make healthy choices in Beverages

In this heat, be sure to stay hydrated by drinking plenty of water and other low-calorie beverages. Moderate alcohol intake as it may cause dehydration, cardiac arrhythmias and other complications.

## Manage Sleep Well

Sleep is the key to a strong immune system, improves memory, and can control appetite. Be sure to get 7-9 hours of sleep every night to wake up feeling refreshed.



## Sufficient Vitamin Needs

Our bodies need vitamins as a way to protect and maintain a healthy body to stay healthy and fit. You can visit The Jet Fuel Bar to get all essential vitamins in one quick and painless drip!