

# In Good Health

*Your Monthly Wellness Spotlight by PSA*

## Happy Holidays! Learn Tips to Help You Enjoy a Healthy Holiday Season!

This time of year truly challenges our healthy habits! Here are some ways to maintain your health throughout the holiday season.

### Healthy Holiday Tips

- **Host Holiday Gatherings at Your House!** – You know the foods you are trying to avoid and can serve healthy alternatives that only you will know! Try making food from scratch so you can control the ingredients.
- **Call Ahead** – Call ahead and explain your dietary restrictions to your host and inquire about the menu. Explain that you do not expect them to make changes just for you but want to make sure they are aware. Offer to bring an appetizer, entrée, or dessert that meets your dietary needs.
- **Bring a Healthy Dish to Share** – Bring a large casserole or dessert to share with the entire group. Maybe healthy lasagna or a luscious dark chocolate dessert. Be creative and your host will appreciate it!

- **Eat Well Outside the Endless Celebrations** – It seems like the holiday parties are never ending. Make sure to stick to your daily diet outside of the holiday parties. Focus on foods that support your immune system, are friendly to your digestive tract and have anti-inflammatory properties. Some healthy food options include:

- Dark Leafy Greens
- Winter Squash
- Root vegetables
- Coconut Oil
- Nuts
- Herbal Teas
- Berries
- Garlic and onions
- Ginger
- Turmeric

Our holidays can be healthy if we plan! Your health matters so your added attention to the holidays will be worth it.

**PSA wishes you and yours a healthy holiday season and a joyous New Year!**

If you have further questions regarding any health matters, feel free to contact Danielle Herndon, RN, CMM – VP, Health Risk Management, at [dherndon@psafinancial.com](mailto:dherndon@psafinancial.com).