

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



## HEALTHFUL TIPS TO CONNECT WITH OTHERS THIS HOLIDAY SEASON

One of the most treasured aspects of being human is sharing our lives with others. Even the smallest interactions with a stranger or acquaintance can brighten our day. It is that connection that we need to nurture and there is no better time than during the holiday season. In small ways and bigger ways, take the time to connect with others this season—your life will be enriched.

### CHILDREN

Connect with your children by baking and decorating gingerbread houses, putting together care packages for the homeless or soldiers away from home or simply enjoying the brilliance of a fire together.

Share stories of your childhood holiday experiences, read traditional books together, enjoy the sounds of Christmas, decorate the house together—the holidays provide many opportunities to connect with the children in your life.

### ELDERS

With the hustle and bustle of the holiday, it is easy to put off time with the seniors in your life. Schedule time to spend with a senior during the holiday season.

### FAMILY GATHERINGS

Rather than focusing on opening mounds of gifts, find some new activities to enjoy together.

- Ask each family member to create a scrapbook page of your holiday gathering. With a digital camera and printer, pictures can be added right away or leave a spot to add the picture later. This will be a keepsake to enjoy through the years.
- Design a treasure hunt with mysterious clues for the children to follow.
- Have the adults play a game with the gifts. Each adult brings a wrapped gift. Everyone draws a number and the person with the lowest number starts. They choose a wrapped gift. The person drawing the next lowest number goes next. They have the option of choosing a new gift or taking the gift from the first person. If they take the gift from the first person, they get to choose a new gift.
- Find some fun games for players of all ages.
- Take a walk together and enjoy the holiday decorations.

### FRIENDS

Holiday cards with a note or picture are a quick way to connect with people you don't see much during the year.

Call or email friends that you have lost touch with and make plans to get together with them after the holiday hustle has past.

Keep holiday gatherings with friends simple. Meet at someone's house and everyone bring food to share.

### WORK

Take a few extra minutes to interact with a co-worker—compliment them on their great attitude, ask about the picture on their desk or find out how they feel about a current event.

A secret Santa gift exchange is a fun way to find out more about your co-workers to select gifts that they will really enjoy.

Adopt a family in need and work together as a group to find ways to support “your family.”