

December

HEALTHY HOLIDAYS MONTH



Holiday Meal Tips

There are lots of ways we can enjoy our favorite holiday meals while maintaining some healthy habits. Try prioritizing lean proteins, fill your plate with vegetables, and have a plan to fit in your favorite foods in a way that you can enjoy them and still feel on track.



Self-Care Isn't Selfish

Self-care frequently ends up at the bottom of our to-do lists during the holiday season. It's essential to keep using the tools that promote calmness amid the hustle and bustle. Engaging in activities such as unplugging from technology, volunteering, sticking to daily routines, carving out time for holiday festivities, and even just staying hydrated can enhance your enjoyment of the season.



Keep Moving

Maintaining your activity routine during the holidays by scheduling time for activity, choosing to take the stairs, and going for walks can help keep you motivated and help manage stress.



Living ➔ **Well**

Find Support

Plan for a healthy 2027 by scheduling your preventive care now. Try using the Find Care feature in Castlight to find providers near you and schedule your appointments.

Call 1-800-681-6758 or visit mycastlight.com/mybenefits for more information.



Please discuss any health condition and dietary restrictions with your healthcare provider before starting a new diet program.