

Common sense rules

- **Nothing's perfect.** Don't stress out trying to set the absolute perfect table or buy the best gift. Remember what the holiday is supposed to be about and focus on spending time with those you love. **You might even try giving to charity this year *instead of gifts*!?** Charitable giving is down due to economic struggles, so now is the best time to give if you can.

- **Don't ease up on the hand washing.** You'll come into closer contact with more people during the holidays. Just don't forget to wash your hands before digging into the bonbons.

- **Continue your healthy eating habits.** Even though you're busy, don't sacrifice good nutrition for a burger and fries on the run to the mall. Plan your shopping around your meals. Make shopping and holiday planning secondary to your health. Sounds easy, but it's something you'll need to remind yourself of over and over again in the coming month.

- **Turn down the Christmas music and get some rest.** Remember, your body doesn't care about the big party or how many gifts you have left to buy. It still needs the same amount of rest as any other time of the year. But don't forget your winter exercise either! Treat your body right and perhaps it will be good to you.