

How to Stay Healthy During the Holidays

The hustle and bustle of the holiday season can make you feel tired, stressed and run-down. Your immune system can get depressed, and you may end up sick if you don't take the time to take care of yourself.

Step1

Get adequate sleep. Even if your routine is interrupted by guests and/or travel, maintain a regular sleep schedule as much as possible.

Step2

Eat healthy, nutritious foods. Avoid getting into the fast-food routine because you're busy.

Step3

Take a high-potency multivitamin if you are not already doing so. You may want to take extra vitamin C to help boost your immune system.

Step4

Avoid taking on too much. You can't do everything, and you will become stressed and fatigued if you try to.

Step5

Attend the parties you really want to go to, not the ones that you just feel obligated to attend.

Step6

Streamline your shopping. Use the Internet or mail-order catalogs. Shopping from home will save you energy. In addition, you will avoid crowded stores packed with all types of germs.

Step7

Keep up your exercise program.

Step8

Avoid excessive drinking. You may end up with a hangover and/or feel drained and fatigued.

Step9

Make private time. Relax, read, take a bath - time for yourself will rejuvenate and refresh you.