

7 Tips to Stay Healthy During the Holidays

Take some time out of the hustle and bustle of the holiday season to consider these 7 healthy habits that help prevent chronic diseases like type 2 diabetes, cancer, and heart disease.

Get Enough Sleep

Adults need at least 7 hours of sleep every night.



Drowsy Driving: Avoid Falling Asleep at the Wheel

- Practice good sleep habits.
- Avoid alcohol and medicines that make you sleepy.
- Talk to your doctor if you have symptoms of a sleep disorder like snoring.

TIP

For longer trips, consider sharing or breaking up your drive.

Get Active

When getting together, round up some family and friends for a walk or hike.



Eat Healthy

Reach for healthy options like fruits and vegetables instead of salty or sugary treats.



DID YOU KNOW? Adults need at least 150 minutes (22 minutes a day) of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Rethink Your Drink!

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



Quit Smoking

You can quit today! Call 1-800-QUIT-NOW for free support.



AVOID SECONDHAND SMOKE. This holiday season, make your home and vehicles smokefree to protect your family from secondhand smoke.

Prevent the Flu



- Get Your Flu Shot**
An annual flu vaccine is the best way to help protect against flu.
- Wash Your Hands**
Wash your hands with soap and clean running water for 20 seconds.

Learn Your Family Health History

Take some time during get-togethers to talk about your family health history, and share the information with your doctor.



For more about how to prevent chronic disease and maintain a healthy lifestyle, follow [@CDCChronic](#) on Twitter or visit www.cdc.gov/chronicdisease.