

Appreciate the of Good Health

The holidays offer a perfect opportunity for enjoying loved ones, celebrating life, being grateful and reflecting on what's important. They are also a time to appreciate the gift of **health**. Support health and safety for yourself and others by following these timeless holiday tips.

Grab a tissue 



Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, rubbing them for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Take a nap 



Manage stress.

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Buckle up 



Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive—and don't let someone else drink and drive. Wear a seat belt and always buckle your child using a child safety seat, booster seat or seat belt appropriate for his/her height, weight and age.

Quit today 



Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call **800-QUIT-NOW** or talk to your health care provider for help.



Vaccinations can save lives 

Get check-ups and vaccinations.

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history and family health history.

Beware of choking hazards 



Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy) and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

Be careful when hanging decorations 



Prevent injuries.

Injuries can happen anywhere. Use step stools instead of climbing on furniture when hanging decorations. Keep candles away from children, pets, walkways, trees and curtains. Never leave fireplaces, stoves or candles unattended. Don't use generators, grills or other gasoline- or charcoal-burning devices inside your home or garage. Install smoke detectors and a carbon monoxide detector. Test them once a month and replace batteries twice a year.



Avoid cross-contamination

Handle and prepare food safely.

As you prepare holiday meals, keep family and friends safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



Fruit is a great substitute for candy 

Eat healthy and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt and sugary foods. Find fun ways to stay active such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day. —cdc.gov

Don't Drink and Drive

According to the CDC (Centers for Disease Control and Prevention), alcohol-related motor vehicle crashes kill someone every 48 minutes and the annual cost of alcohol-related crashes totals more than \$51 billion. Driving drunk is never OK. Choose not to drink and drive and help others do the same. Take a few minutes to make sure you and others avoid injury and death from impaired driving.

- Designate a nondrinking driver before any party or celebration begins. Remind others to do the same.
- Don't drink and drive. Get a ride home or call a taxi.
- Take the keys. Don't let someone else drink and drive.
- If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; **offer alcohol-free beverages**; and make sure all guests leave with a sober driver.
- Buckle up every time. It's your best defense against a drunk driver. —*CDC.gov* ■



Healthy, Alcohol-Free Beverages

Just in Time for the Holidays!

Pomegranate-Apricot Sparkler

Tangy pomegranate juice is full of phytochemicals and makes a perfect base for a dazzling holiday punch.

- 1-1/2 cups cold pomegranate juice
- 1-1/2 cups apricot nectar
- 1 cup cold seltzer, lime-flavored if desired
- Ice
- 1 fresh lime, quartered or kiwi fruit, peeled and sliced (optional)

In large pitcher, combine first 3 ingredients. Pour into ice-filled glasses. Garnish each glass with lime or kiwi wedge, if desired. Makes 4 servings.

Per serving: 105 calories, 0g total fat (0g saturated fat), 27g carbohydrates, <1g protein, <1g dietary fiber, 14 mg sodium.

Holiday Citrus Punch

This refreshing punch looks pretty on the table and is loaded with Vitamin C.

- 4 cups orange juice
- 2 cups 100% cranberry juice
- 4 cups sparkling water or club soda
- 1 orange, sliced horizontally into 1/4-inch slices
- 1 lime, sliced horizontally into 1/4-inch slices

In large punch bowl, combine juices and sparkling water or soda. Float orange and lime slices on top and serve. Makes 20 servings (1/2 cup each).

Per serving: 33 calories, 0g total fat (0g saturated fat), 8g carbohydrates, <1g protein, 0g dietary fiber, 1 mg sodium.

Sparkling Grape Party Punch

This punch provides the phytochemical resveratrol from grapes as an alternative to red wine.

- 1 bottle (46 oz.) 100% grape juice
- 1 bottle (25 oz.) sparkling apple-grape juice
- 4-6 cups sparkling spring water
- 1 to 1-1/2 cups 100% orange juice
- 2-4 Tbsp. freshly squeezed lemon juice
- 4 thin lemon slices
- 4 thin orange slices
- 2 cups frozen grapes

Make sure all beverages are cold. Pour grape juice, sparkling apple grape juice, sparkling spring water, orange juice and lemon juice into large punch bowl. Add ice, if desired. Top with lemon slices, orange slices and grapes. Makes 16 servings.

Per serving: 91 calories, 0g total fat (0g saturated fat), 22g carbohydrates, <1g protein, <1g dietary fiber, 10 mg sodium.

Courtesy of the American Institute of Cancer Research (AICR), aicr.org. ■

Effects of Blood Alcohol Concentration (BAC)		
Blood Alcohol Concentration	Typical Effects	Predictable Effects on Driving
.02%	<ul style="list-style-type: none"> • Some loss of judgment • Relaxation • Slight body warmth • Altered mood 	<ul style="list-style-type: none"> • Decline in visual functions (rapid tracking of a moving target) • Decline in ability to perform two tasks at the same time (divided attention)
.05%	<ul style="list-style-type: none"> • Exaggerated behavior • May have loss of small-muscle control (e.g., focusing your eyes) • Impaired judgment • Usually good feeling • Lowered alertness • Release of inhibition 	<ul style="list-style-type: none"> • Reduced coordination • Reduced ability to track moving objects • Difficulty steering • Reduced response to emergency driving situations
.08%	<ul style="list-style-type: none"> • Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time and hearing) • Harder to detect danger • Judgment, self-control, reasoning and memory are impaired 	<ul style="list-style-type: none"> • Concentration • Short-term memory loss • Speed control • Reduced information processing capability (e.g., signal detection, visual search) • Impaired perception
.10%	<ul style="list-style-type: none"> • Clear deterioration of reaction time and control • Slurred speech, poor coordination and slowed thinking 	<ul style="list-style-type: none"> • Reduced ability to maintain lane position and brake appropriately
.15%	<ul style="list-style-type: none"> • Far less muscle control than normal • Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol) • Major loss of balance 	<ul style="list-style-type: none"> • Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing