

A HEALTHY CHRISTMAS?



- **Everything in moderation:**

Don't be tempted to over indulge in huge portions. Eat a normal sized meal, it takes twenty minutes for your stomach to tell your brain that you are full!

- **Go easy on the alcohol:**

Alcohol puts a massive burden on your liver and kidneys. Alternate your drinks with a glass of water or fruit juice.

- **Stay hydrated:**

Aim to drink at least two litres of water per day. If you take exercise or are drinking tea, coffee or alcohol you will need to increase this amount.

- **Exercise:**

Even if you don't follow a regular exercise routine, going for a short walk will help digestion. The fresh air will also help to clear your head.

- **Sleep:**

Try to get as much sleep as you can as this is when the body heals itself and recovers from the stresses of the day.

- **Keeping well:**

Colds and viruses are rife at Christmas due to increased social contact. Take care to wash hands regularly to eliminate germs.

A Final Word: Use these tips as a guideline to increase your chances of a HEALTHY and HAPPY Christmas, but most of all

ENJOY!!

