

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.



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.

Eat Healthy

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



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.