



Healthy through the Holidays

- **Share the gratitude and laughter.** Melt away stress by sharing a laugh with loved ones.
- **Breathe it all in.** Schedule some time to rest, recharge, and take a deep breath.
- **Sneak in more movement.** Power walk at the mall for 15 minutes before shopping, or park at the back of the parking lot (on purpose).
- **Dance the night away.** Did you miss your workout? Get on the dance floor to burn extra calories!
- **Give the gift of better health.** Support your friends' or family's wellness goals with healthy gifts, such as a massage gift card, cookbook, fitness tracker, and more.

Learn more at PacificSource.com/healthyholidays.