

## Maintain your health through the holidays

Posted by [John Tayman](#) On 12/28/2018

The holidays are known for taking a toll on our bodies . Between the chilly temperatures, onset of flu season and the overabundance of sweet treats at every turn, it's easy for physical health to fall to the wayside.

And, with the excitement of the holidays many forget to take into account the emotional and mental toll that the winter season's stressors can have on our overall wellness. One way to manage and keep track of your health during this time of year is through wearable devices and engaging with wellness programs. Some apps even offer rewards that can be redeemed to purchase e-gift cards, fitness devices, apparel, charitable donations and product discounts.

As the holidays kick into full gear, it's important to prioritize your health so you can start 2019 off in health and happiness. Below are our top three tips to help you stay well this winter.

1. Stay current on your exams, screenings and vaccinations. Ask your doctor what exams and vaccinations you need and when to get them – and make time to do so. A rewards program can help incentivize and drive you to stay up-to-date on these important appointments. In addition to getting your screenings and vaccines, wash your hands often to help avoid the spread of germs.
2. Manage stress. Support your mental health through exercises that help relieve anxiety and worry, such as mindfulness, meditation and journaling. Many wellness rewards apps offer personalized meditation, mindfulness experiences and journaling exercises, which are designed to help improve your mental and emotional well-being.
3. Eat well and stay active. It's easy to overindulge during the holidays, but try to limit unhealthy foods as best you can: eating nutrient-rich foods can help you manage your energy levels and boost your mood. And don't forget to stay active throughout the holiday season. Step challenges with family and friends can help you stay on track and connect socially with others who are working towards the same goal. The holidays are a perfect time of year to enjoy time with friends and loved ones. But they are also a great time to celebrate and protect your well-being.

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