

HEALTH

LYOURSELF

Brought to you in the interests of better health

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Holidays!

Help

Getting into the spirit of Christmas and giving to others less fortunate than yourself is a great 'mood lifter'.

Try to help friends who may not be close to their family at this time:

If you need help, ask for it. This is your holiday too and it's not too much to expect everyone to pitch in.

Options

You always have choices. You can choose what you eat, whether you exercise or not, how much you drink, who you spend your holidays with and what activities you participate in. If you keep doing things just to make others happy or keep the peace you won't enjoy your holiday and you'll go back to work in worse shape than when you left.

Laughter

'Tis the season to be jolly..." The success of your Christmas relies heavily on your ability to laugh off disasters and smile at family friction.

Itinerary

If you are someone who thrives on getting things accomplished it may be difficult for you to relax if you don't have lots of activities planned. An itinerary or 'to-do list' can be useful for some people.

Be thankful for every morning that you get up and have something to do that must be done that day, whether you like it or not.

Being forced to work and forced to do your best will bring out in you temperance and self control, strength and responsibility - and a hundred other virtues which the idle will never know.

Adapted from Charles Kingsley

Diet

Although this is a typically tempting season, it is also the time of year when the best fruit is in season. Eating mangoes, peaches, watermelon, grapes, strawberries and plums for desserts and snacks will make a big difference in controlling your weight.

Activity

When it comes to exercise the excuses fly: 'I'm too busy', 'I get home from work too late'; 'There's

nowhere near my office where I can exercise at lunch" and the list goes on.

Well when you are on holidays you have no excuse. But make sure you don't fall victim to 'holiday heart'. The risk of heart attack in sedentary people can increase by up to 100 times with sudden vigorous exertion. Although sudden vigorous exertion by unfit people is dangerous, people who exercise regularly and moderately, face little or no risk from sudden exertion.

Yes

The word that seems to get us into so much trouble. Learn not to say it indiscriminately.

Safety

The safety hazards at this time of year are endless: sunburn, drowning, accidents caused

by drink driving and driver fatigue, fires...

Take special care at this time of year when the risks are greater.

