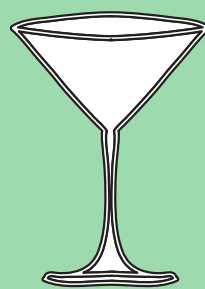


# LAUREN KEIR WELLNESS HOLIDAY HEALTH TIPS



## Don't stop moving

Get the exercise in as much as you can. When you set aside time for exercise daily, those endorphins will kick in and you will naturally make healthier food and drink decisions. And if you don't, you will feel less guilty about eating a holiday cookie.



## Egg nog and cocktails in moderation

Opt for the light egg nog (which actually tastes better anyway) and drink in moderation. Turn those cocktails into spritzers, hold the sweeteners while also drinking lots of water to stay hydrated. Crowd out the headaches while still enjoying some of your favorites.



## Give Back and volunteer

Giving back to your local community, donating toys, food, currency and even good cheer to others is important. Help a neighbor in need or volunteer your time at a favorite nonprofit. The art of giving and helping others is good for your physical and mental health and helps uplift others during the holiday season at the same time.



## Wash your hands and get some sleep

Nobody wants to get a cold or get run down during the holidays. Keep those germs at bay and wash those hands regularly everyday. The holiday season is often busy, exciting and exhausting all at the same time. Make sure you give your body lots of sleep so you can keep your energy up.



## Holiday Baking Tips!

Switch out the processed flour and use almond or coconut flour instead of white flour. This helps you add nutrients while also cutting the carbs. And for recipes that call for sour cream, add plain Greek yogurt without sacrificing the taste. Greek yogurt is creamy, loaded with protein and contains healthy bacteria!

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