



# Tips for Healthy Living

## Holiday Season

### Snow, snow and more snow

Shoveling snow can be a way to get your daily activity in, but the heavy lifting combined with the cold weather can be a strain to the heart. This can increase the risk of a heart attack for some people.

Here are some tips to help you make shoveling snow a safer activity:

- **Warm up.** Do some basic stretches before beginning to shovel snow. This will prepare your muscles for the more intense activity to come.
- **Take breaks.** Rest often between the heavy lifting so your heart muscles won't be overstressed. Instead of lifting a heavy load of snow, push a lighter load whenever you can.
- **Use a smaller shovel or a snow thrower.** Use a smaller shovel so that you are lifting a lighter load. If you have a large driveway, a snow blower may be the way to go.
- **Avoid having a full stomach before or after.** A large meal is an extra load on your heart.
- **Wear layers.** Dressing in layers allows air to be trapped in between the layers forming a natural layer of insulation. Don't forget to keep the rest of your body warm with hats, scarves, gloves, thick socks and proper boots.
- **Consult your Nurse Practitioner** to see if you could be at increased health risk with heavy snow shoveling.



### How to Prevent Holiday Stress and Depression

The holiday season can present a vast array of demands. Whether you are shopping, attending parties, entertaining and taking part in holiday activities, or you are dealing with feelings of past holidays and coping with loneliness, here are some tips to get you through the upcoming season.

1. **Plan Ahead.** Consider what you have learned from past holidays and what you need in order to get through the upcoming season. Break off duties into smaller, manageable chunks to avoid last minute stress. Set yourself up for the most stress-free holiday yet!
2. **Have realistic expectations.** Celebrations often do not go as planned. Multiple obligations, difficult weather and a multitude of other factors can get in the way of the best laid plans for a perfect holiday. Allow yourself to be flexible. For example if family members cannot make it this year, plan another enjoyable activity with a friend or attend a community event.
3. **Practice saying no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
4. **Don't let your healthy habits slide.** Don't forget about the top three signs of health: diet, sleep and exercise. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Get plenty of sleep and incorporate regular physical activity into each day.
5. **Make some time for yourself.** Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Even 15 minutes can make a difference.
6. **Seek out support.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering can be a great way to lift your spirits and share in holiday activities for a good cause.

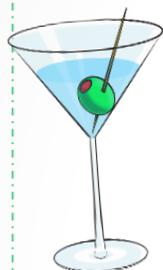


# Tips for Healthy Living

## Happy Holidays

When it comes to the holidays, there's a tendency to overindulge in food and booze. However, no amount of alcohol is safe. Alcohol is linked to cancer – how *much* and how *often* you drink *increases your risk of cancer*. Ho ho hold the alcohol with this delicious mocktail recipe to enjoy this holiday season and stay healthy!

### HOLIDAY PUNCH



3 cups (750 mL)	1 kiwi, peeled and sliced
100% unsweetened cranberry juice	1 orange thinly sliced
2 L (8 cups) low sodium club soda	1 cup (250 mL) frozen raspberries
Juice of 2 limes	Ice cubes, as needed

#### Directions

In a large punch bowl, combine all ingredients. Pour punch over ice and serve.

Makes 12 cups Source: EatRightOntario



## Upcoming Programs at GNPLC

To find out more or to register for our upcoming programs, please see reception or call the clinic at 905-722-3251.

FREE

### Coping with Holiday Grief

December 12<sup>th</sup> 2:00 p.m.

### CPR Training Course

January 11<sup>th</sup> 9:30 a.m. – 12:30 p.m.

### Women's Wellness

Every other Monday starting January 14<sup>th</sup> 2:00 p.m. – 4:00 p.m.

### STOP Smoking Cessation Intake Group

January 21<sup>st</sup> 2:00 p.m. – 5:00 p.m.

#### References:

York Region Public Health. 2018. One Less Drink. Retrieved <http://www.york.ca/wps/wcm/connect/yorkpublic/91df3af7-2cd1-4404-99fd-01d18d33d5a8/Mocktail+Recipe+Card.pdf?MOD=AJPERES> on October 9, 2018.