



Smarter is healthySM

This year, share the gift of health

It's healthy holidays month | December 2011

The holidays are fast approaching, meaning you will be sharing good times and lots of food with family and friends. Take care this season to balance indulgence with healthy eating and responsible fun. Stay stress free and enjoy the festivities!



Responsible drinking information

[Impaired driving flyer](#)



Healthy eating articles you may find helpful:

- > [Tips for Healthy Holiday Eating](#)
- > [12 Healthy Ways to Survive a Holiday Eating Frenzy](#)

Learn more about dealing with seasonal stress:

- > [8 Tips to Beat Holiday Stress](#)
- > [Best Ways to Beat Holiday Stress](#)

Everything you need to know about healthy winter celebration

This list of [Holiday Health and Safety Tips](#) from the Centers for Disease Control and Prevention is an extensive resource for information about eating healthy, staying warm, traveling safely and quite a lot more.

Take the Healthy Holiday Eating Pledge

Share [this pledge](#) with your friends and family to remind them of the importance of eating healthy during the holiday season.