FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010

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HOW TO HAVE A HEALTHY CHRISTMAS

As we prepare for Christmas we make all kinds of lists. We may make a gift list, guest list, grocery list etc. but have you ever considered making a list that will help you get through the holidays physically feeling better.

Here is a to do list with helpful hints to keep you happier and healthier:

- Get plenty of sleep. (Lack of sleep decreases your body’s ability to fight off infection.)
- Don’t stay up late. (Staying up late will alter your natural body clock and cause you to be more stressed and accident prone.)
- Watch weather reports. (Remember bad weather increases the time to accomplish tasks and can cause accidents.)
- Eat a nutritious breakfast to start the day. (Try eating whole wheat toast, a fruit such as an apple or banana or some protein in an egg or peanut butter.)
- Wash your hands more than usual. (Germs are passed from other people not cold temperatures. A lot more hugging and kissing is shared during the holidays.)

With a little thought and planning you will be able to enjoy the holidays without illness and also be able to make Christmas much more enjoyable for your family and friends. Years later no one will remember the little stuff like a perfectly set table but they will remember who sat at that table and how much they enjoyed the time spent with family and friends.

We enjoyed this past year reaching out to you, our members. We wish you a relaxing, enjoyable, and healthy Christmas season, taking one day at a time.

“MERRY CHRISTMAS AND HAPPY NEW YEAR!”