

# Maintaining *Health* Through the *Holidays*

An Eight-Week Email Campaign



Mindful Munching: Savor the Flavor of the Season!



Holiday Hustle: Find Joy in Movement!



Peaceful Pause: Cultivate your Calm Amidst the Celebrations!



Savvy Santa: Gift yourself the Financial Peace!



Tradition With a Twist: Savor and Sustain!



Silent Nights: Rest and Rejuvenate for Holiday Delight!



Reflections and Resolutions: Embrace Your Year-End Journey!



Community Cheer: Connect and Contribute this Holiday Season!



## Maintaining Health Through the Holidays

**Description:** This eight-week email campaign is a guide to enjoying the festive season with balance and joy. The holidays are a cherished time filled with traditions and gatherings, but it's easy for our health to take a back seat amidst the celebrations. This campaign is designed to keep the holiday spirit alive while ensuring participants remain vibrant and healthy.

**Goal & Tracking:** N/A

**\*Client may choose to convert this into a challenge and select a wellness goal for participants.**

**Steps to Enroll:** N/A

**Introduction Message:**

Welcome to the ***Maintaining Health Through the Holidays***, a guide to navigating the festive season with balance and joy. The holidays are a treasured time, filled with age-old traditions and cherished gatherings, but they can also be a time when our health takes a back seat to celebration.

This eight-week journey is designed to keep the spirit of the holidays alive while ensuring you remain vibrant and healthy. From mindful eating of beloved family recipes to staying active and managing holiday stress, we'll explore practical strategies that let you fully enjoy every moment without compromising your wellbeing.

Join us as we embrace the festivities with intention and delight, making this holiday season one that enriches not just the moment, but your overall health and happiness. Let's celebrate the holidays, and ourselves, with care.



## **Week 1: Establishing Mindful Eating Habits**

Welcome to the first week of your Maintaining Health Through the Holidays challenge! As we enter this joyous season, it's easy to get swept up in the abundance of food. Let's embrace our traditions while being mindful of our choices.

### **Action Items:**

- Savor your food: Take the time to eat slowly and enjoy every bite of your holiday meals.
- Portion control: Enjoy your favorite holiday dishes in moderate portions.
- Balance is key: Make sure to include fruits and vegetables in your meals to balance out the heavier holiday dishes.

[Button] [Dietary Guidelines: Start Simple!](#) (PDF - Source: USDA Dietary Guidelines for Americans)

## **Week 2: Incorporating Regular Movement**

Movement is a celebration of what your body can do, not a punishment for what you ate. In this week's Maintaining Health Through the Holidays message, we focus on integrating physical activity into our festive routines.

### **Action Items:**

- Daily walks: Commit to a brisk 10-minute walk each day, perhaps enjoying the holiday decorations around.
- Festive dance: Put on your favorite holiday music and dance for 15-20 minutes.
- Family activities: Organize a family game that includes physical activity, like charades.

[Button] [Healthier Holidays in 1 – 2 – 3!](#) (CDC)



### **Week 3: Cultivating Emotional Resilience**

The holidays can stir a range of emotions. This week let's prioritize emotional wellbeing by finding calm in the chaos.

#### **Action Items:**

- Take a breather: Practice 5 minutes of conscious, slow breathing each day.
- Express gratitude: Write down three things you're grateful for every morning.
- Connect: Reach out to a friend or family member for a heart-to-heart conversation

[Button] [9 Simple Stress Busters You Can Do Today](#)

### **Week 4: Smart Financial Planning**

With gifts and celebrations, our wallets can feel the pinch. This week, we'll focus on financial health to enjoy the holidays without breaking the bank.

#### **Action Items:**

- Budgeting: Set a realistic budget for gifts and festivities and stick to it.
- Homemade gifts: Consider making homemade gifts or offering acts of service.
- Sales and deals: Take advantage of holiday sales and coupons for your shopping.

[Button] [8 Tips To Help You Control Holiday Spending \(investopedia.com\)](#)



## **Week 5: Enjoying Traditional Foods Mindfully**

Traditional recipes are the essence of holiday celebrations. This week let's enjoy these tastes while making small adjustments for health.

### **Action Items:**

- Healthier ingredients: Try substituting a few ingredients for healthier options in your traditional recipes.
- Share the joy: Prepare a traditional dish and share it with neighbors or friends, spreading love and controlling portions.
- Conscious indulgence: Choose your absolute favorite holiday treat and enjoy it fully, without guilt.

[Button] [Smart Substitutions to Eat Healthy \(American Heart Association\)](#).

## **Week 6: Prioritizing Rest and Recovery**

Message: As the holiday pace picks up, rest becomes even more crucial. This week is about recharging our bodies.

### **Action Items:**

- Sleep routine: Aim for 7-8 hours of sleep per night, keeping a consistent bedtime.
- Power naps: Take a 20-minute power nap if you're feeling worn out from the festivities.
- Relaxation techniques: Engage in activities that promote relaxation, such as reading or gentle yoga.

[Button] [Healthy Sleep Habits \(American Academy of Sleep Medicine\)](#).



## Week 7: Reflecting on Personal Growth

As the year winds down, reflection is a beautiful way to celebrate growth and set intentions for the New Year.

### Action Items:

- **Reflective journaling:** Spend 10 minutes each day writing about your experiences and what you've learned this year.
- **Positive affirmations:** Start your day with positive affirmations to set a hopeful tone for the holidays and the upcoming year.
- **Vision board:** Create a vision board for the next year with goals and aspirations.

[Button] [Try this Guided Relaxation and Gratitude Reflection](#) (inHealth video)

## Week 8: Embracing Community and Connection

The true spirit of the holiday season is connection. In our final week, let's focus on strengthening bonds with our community and loved ones.

### Action Items:

- **Volunteer:** Give your time to a local charity or community event.
- **Host a gathering:** Invite friends or family over for a modest, health-conscious holiday meal.
- **Personal connections:** Make it a point to tell people in your life what you appreciate about them.

[Button] [Practice Random Acts of Kindness](#) (Random Acts of Kindness Foundation)

**Throughout this campaign, remember that the holidays are a time to celebrate life, love, and tradition. It's okay to indulge mindfully, enjoy the company of loved ones, and make memories that will last a lifetime.**

***Happy Holidays!***