



December 2025

Holiday Wellness

December is all about holiday wellness—a time to celebrate while keeping your health in mind. From managing stress to making balanced choices at festive gatherings, we’re here to help you enjoy the season and stay on track with your well-being.

Celebrate the Season, Stay Well

The holidays are a time for joy, but they can also bring stress and overindulgence. A little planning goes a long way toward feeling your best.

- **Balance festive treats with nourishing meals.**
- **Make time for movement—even a short walk can help.**
- **Prioritize rest and manage stress to keep your energy up.**

Healthy Habits for a Happy Holiday

You don’t need to do everything at once. Start small and build from there:

- **Add colorful fruits and veggies to your holiday plate.**
- **Stay hydrated—water helps curb cravings and boosts energy.**
- **Find fun ways to move: dance to holiday music, take a family walk, or try a winter activity.**

Support & Resources

Whether you’re looking for healthy recipes, stress-busting tips, or ways to stay active, these expert-backed resources can help:

- **CDC Holiday Health Tips** – Practical ways to enjoy the season without sacrificing wellness.
- **American Heart Association Healthy Holidays Guide** – Recipes, activity ideas, and stress management strategies.
- **Mayo Clinic: Holiday Wellness Tips** – Science-backed advice for eating smart and staying active.

Through Meritain, you have access to their LifeMart program, giving you discounts on gym memberships, diet plans, groceries, and more. Visit the Meritain Health member portal and click the *LifeMart* link under “Tools and Resources” to access your discounts.