



HOLIDAY ADVICE

As Christmas rolls around, let's take a look at Santa Claus — jolly, round, (Yes, round IS a shape, I'm proof), and somehow surviving on cookies, milk, and magic. Now unless you have a similar arrangement with the North Pole, your metabolism probably isn't on Santa's level. So yes, enjoy the holiday goodies — just maybe don't pretend that eating fudge and cookies

is a balanced diet or a form of self-care. Darn!

So, when you're tempted to flop on the couch like a decorative pillow after dinner, consider a short walk instead, and I don't mean a walk to the refrigerator and back! Santa may not *look* like he exercises, but those chimney climbs are basically CrossFit for the elderly.

This season, give yourself the gift of moderation: hydrate, get some sleep, eat something that once resembled a vegetable (does onion dip count?), and maybe lay off the "holiday cheer" before you start telling relatives what you *really* think of them. Your body — and your family dynamics — will thank you. Merry Christmas!