

MAINTAIN DON'T GAIN

Week 7: The gift of less stress

Take time for balance in the hustle and bustle of the holiday season.

Planning for parties. Out-of-town guests. Sometimes the holidays can feel overwhelming. Stress can cause health problems, and blow a hole in your plan to maintain weight. But with a little planning and awareness, you can stay on track, and maybe even enjoy the swirl.

Your challenge: Try exercising, like taking a walk or a jog, to relieve stress.

Your tips:

- Take a few deep, slow breaths. Deep breathing is one of the best ways to relax your body.
- Accept that the holidays can be hectic. This may help you feel less pressure.
- Protect your peace of mind: Sleep well, eat healthy, and get support from your family or friends.

Your link: For more ideas on maintaining a healthy mind, body, and spirit, visit kp.org/thrive/mindbodyspirit.



Monitor your progress with your weekly personal tracker, and celebrate a healthier you.

CLICK HERE
FOR MORE ON MIND,
BODY, AND SPIRIT

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