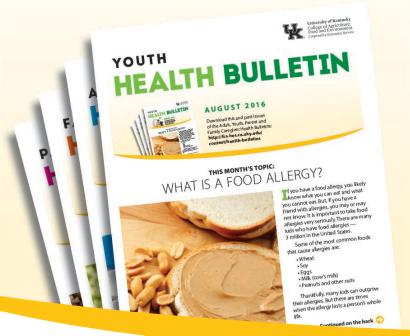
University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

YOUTH HEALTH BULLETIN



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THIS MONTH'S TOPIC:

STAYING HEALTHY DURING THE HOLIDAYS

The holidays can be a really fun time of year. But if you are not feeling well, you might miss out. Wally Cat wants to make sure that you stay healthy and happy this holiday season. This month, learn about ideas to help you stay well and able to have fun during the entire holiday season.

Wash those hands!

How often do you wash your hands? Before you eat? After going to the bathroom? Did you know that you should wash your hands not only before you eat and after you go to the bathroom, but you should also wash your hands after you sneeze, cough or blow your nose? You should also wash after touching a pet or pet treats. If you are helping prepare food, you should wash your hands before, during and after you touch any food items. Last, but not least, if a family member is sick, you should wash your hands after you have cared for them.

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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

Stay healthy by washing hands, eating healthy foods like fruits and vegetables, being active and getting plenty of rest.

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Don't forget your fruits and veggies!

There might be a lot of treats around during the holidays, but it is important to not only eat sweets. You should make sure to eat fruits and vegetables whenever they are available. If you know that you will be waiting in a long line, ask your mom or dad to pack you some fruit or raw vegetables to snack on. This can make the wait a lot more bearable.

Be active!

Even though wintertime may be chilly, on most days you can put on a coat, hat and gloves and still be outside for a while. You should try to be active for 60 minutes every day. When you are outside, keep moving and you will keep warm too! It also is a good idea to ask your mom or dad if you can help with some of the chores outside such as raking or even shoveling the snow. If you are stuck inside you can enjoy some holiday music and dance, or make an obstacle course around the house.

Get your Zzzzzs!

It can be hard to get to sleep with so much excitement. But keeping as close as possible to your normal sleep schedule is very important. When you are getting enough sleep you feel much better when you are having fun. You don't want to be tired and not able to join in during the holidays.

The holidays can be a lot of fun, but not if you are sick! Wally Cat wants to remind you that washing hands, eating healthy foods like fruits and vegetables, being active and getting plenty of rest are important ways to stay healthy. Happy Holidays!

SOURCE:
Nemours KidsHealth. http://kidshealth.org/en/teens/holiday-tips.html

Can you unscramble these words?

DOILHAYS: _____

WSAH NADHS: _____

EB VCATEI: _____

ETA RFTISU DAN GGEIESV: _____

EPSLE: _____

ANSWERS: HOLIDAYS, WASH HANDS, BE ACTIVE, EAT FRUITS AND VEGGIES, SLEEP

YOUTH HEALTH BULLETIN

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