

USPS RETIREE

E-Newsletter



December 2017

Holiday Wishes

Keeping your health a priority this holiday season

The holidays are a time for family, friends, appreciating what you have and giving back to your community.

However, the holidays also take us away from our regularly scheduled routine, which for many of us can cause overeating and not getting exercise into the day.

Following a few simple steps can help you avoid overeating and stress during the holiday season.



FACT: Holiday weight gain can be anywhere from 1-5lbs from November to January

Balancing Health & Holidays

- Portion control and moderation will help you avoid unnecessary calories during meals and parties. Take only what you need.
- Sugar is all around during the holiday season. Limit your cookies, cakes and treat intake as much you can. This will help limit your saturated fat and sugar intake.
- Don't forget that tasty holiday drinks (eggnog, champagne, wine) all have over 90 calories per serving and are loaded with sugar.
- Sneak in exercise where you can to burn the extra calories and help with stress. Maybe park a little further away when you're at the grocery store or take the stairs when you can.
- Participate in at least 2.5 hours of exercise a week to keep the additional pounds off. Exercise can be walking the dog, yoga or swimming at a local pool. Whatever works for you!



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QUICK TIPS

- ❖ **Get your flu shot** since you may be around elderly people and children this holiday season and they are at highest risk for contracting the flu.
- ❖ **Travel safely.** Lots of people are trying to get from point A to B as quickly as they can. Be mindful to avoid accidents.
- ❖ **Wash your hands** to stop the spread of germs that increase the risk of illness.
- ❖ **Manage stress effectively.** Don't let stress get the best of you. Try exercising, talking to someone close to you.

For more tips on how to stay happy and healthy this holiday season visit cdc.gov

Here is a special opportunity for postal retirees.

USPS is pleased to offer our retirees a special opportunity to purchase AARP membership at a 15% discount.

AARP has designed its membership to help you live life to the fullest. Your membership will give you access to healthcare products, automobile insurance, homeowners insurance and other services from AARP. Plus you can access discounts on travel, dining, entertainment, phone plans, and much more.



[CLICK HERE to become an AARP member at this great rate](#)

Source: AARP.org

The information provided here is intended to be generally useful health and wellness advice. But it is no substitute for advice from medical or other professionals concerning a specific health or wellness issue, especially if the issue is urgent or an emergency. Always seek professional help with your specific health or wellness issues.

