



What Does It Mean to Finish Well?

A multitude of events everyday, snacks and treats in abundance, decorating and celebrating and gifting: it is hard not to feel overwhelmed. With all the potential stress, our immune systems and emotions may be on overload. There are little things you can do to help bring more peace and joy to the holiday season. Each week, we will provide some simple strategies to try.

This week, get started with a plan and movement. Let's focus on staying healthy and not just finish 2025 but finish this year WELL.



Have a Plan for Eating

You need to fuel your body for all that is going on this time of year.

- A balanced meal begins with fruits and veggies on half of your plate.
- Avoid stress eating by knowing your triggers and having non-food ways of managing stress.
- Eat mindfully this holiday season: slow down and focus on your senses to enjoy every bite.
- Time is tight. Know some healthy options along your travels.



Move. Every. Day.

Moving is a healthy habit that boosts immunity, decreases depression, and reduces stress--all while burning some calories. Score bonus benefits if you go outside and soak up the fresh air while you move! See below for some other ways to move!

Monday Moves at 11am

Want some help putting some moves in your day? Start your week learning a routine you can use every day! CommonHealth has 3 special sessions--just for Finish Well participants. Sign up for the calendar invite with this [form](#).

Join Us on YouTube

Looking for inspiration or even stress relief? See our YouTube channel for videos with stretches, brain breaks, and guided meditations you can do! Search YouTube for "CommonHealthVA9169" and be sure to subscribe.

