

# Holiday

## SURVIVAL GUIDE

We all struggle with our health and managing our four key health numbers all year long.



**25%** of adults with diabetes don't know it<sup>1</sup>



**Less than half** of adults with high LDL cholesterol get treatment<sup>2</sup>



**20%** of those with high blood pressure don't know it<sup>2</sup>



**66%** of adults are overweight or obese, but only 18% realize it and are trying to lose weight<sup>3</sup>

But it's even more difficult to manage our numbers over the holidays.

**4,500** calories



**229 grams** of fat

The average American consumes more than 4,500 calories and 229 grams of fat from snacking and from a traditional holiday dinner with turkey and all the trimmings<sup>4</sup>



**31%** of turkey consumption takes place during Thanksgiving and Christmas<sup>5</sup>



**90%** of Americans report stressing over at least one aspect of the merry season including:<sup>7</sup>



**68%** over crowds and long lines



**37%** over gaining weight



**25%** over traveling



The percentage of adults who exercise at least 30 minutes three or more days per week fell to 49.8% in November, from 52.2% in October and 54.5% in July<sup>6</sup>

By taking some small steps, you can stay healthy and avoid the holiday guilt.



Offer to bring a dish to a holiday party and make it healthy, such as a bean and vegetable salad or mixed fruit dessert



Have family and friends participate in board games or play cards - anything that will help keep the attention off the food



Watch out for liquid calories - drink sugar-free hot cocoa, sip on white wine with seltzer water and alternate alcoholic drinks with diet or club soda



A few minutes of meditation per day can help ease anxiety. Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress<sup>8</sup>

According to the CDC, regular health exams and tests can help find problems before they start. So, start the New Year on a healthy note: remember to go schedule your annual check-up, know your four key health numbers, and take control of your health.<sup>9</sup>

1. Centers of Disease Control & Prevention, National Diabetes statistics report, 2014.

2. Mozzafarian D, Benjamin EJ, Go AS, et al., Heart disease and Stroke Statistics – 2015 Update: A report from the American Heart Association. Circulation.

3. Wilke, Joy, In U.S., Majority "Not Overweight," Not trying to Lose Weight, June 10, 2014.

4. <http://caloriecontrol.org/stuff-the-bird-not-yourself-how-to-deal-with-the-3000-calorie-thanksgiving-meal/>

5. <http://www.delish.com/holiday-recipes/thanksgiving/news/a37888/thanksgiving-statistics-2014/>

6. <http://www.gallup.com/poll/151424/health-habits-continue-steep-winter-decline.aspx>

7. <http://prevention.com/mind-body/solutions-holiday-stress>

8. <http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot>

9. <https://www.cdc.gov/family/checkup/>

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