

5 HOLIDAY SAFETY TIPS

From holiday travel to decorating, these tips will keep the whole family safe this season.



1 DECORATING BUDDY

Ask a friend or loved one to help you carry decorations and spot you on a ladder to keep the holidays injury-free.



2 GIFT WRAP STATION

Instead of sitting on the floor to wrap presents, set up a station with a supportive chair and all your supplies within arm's reach.

3 SHOP AND DROP

Drop heavy shopping bags at your car often and wear supportive shoes if you'll be standing or walking for long periods of time. Online shoppers should maintain an ergonomic position while sitting to prevent text neck.



4 COLORFUL PLATES

If you're enjoying a traditional American feast of mashed potatoes and pies, also include bone-healthy options such as figs, pomegranates, and dark leafy greens.



5 BOOK THE AISLE SEAT

If you're traveling by plane, train, or bus, book the aisle seat so it's easier to get up and stretch your back. Bringing along a lumbar support pillow will also help keep your journey pain-free.

