



5 TIPS FOR A HEALTHY SPINE THIS HOLIDAY SEASON

Wishing you a warm and happy holiday season from the National Spine Health Foundation! No matter how you're celebrating, we have tips for maintaining a healthy spine during the busy weeks of the holiday season.



1

KEEP IT COLORFUL!

Enjoy the mashed potatoes, cornbread, and pies, but be sure to incorporate bone-healthy dark leafy green vegetables, salmon, berries, figs, and pomegranates into your menu. These foods provide calcium, vitamin D, magnesium, and potassium that your skeleton needs.



2

RECRUIT A DECORATING BUDDY!

Many holiday decorating activities involve heavy lifting, reaching overhead, or standing on ladders. Having a friend help you lift or stand by to make sure you decorate precarious places safely is a great way to keep your holidays accident-free.



3

SHOPPING IS EXERCISE!

To protect your neck and back, make sure to avoid carrying heavy shopping bags for too long, and stop to drop gifts off in the car if need be! Be sure to wear supportive shoes.



4

STAY ACTIVE!

While the weather outside can be frightful, there are many ways to stay active in the colder months. Try gathering family members for a walk around the neighborhood after a heavy meal. Make an effort to keep your normal rhythms of exercise in place. Take the stairs as often as possible. Your body will thank you!



5

DESTRESS!

Holiday stress is real and each year we add pressure on ourselves to plan the perfect parties, photos, and family gatherings. Taking time to get proper sleep, staying hydrated, slowing down to rest, and even saying no to a party or two can be ways to protect your health from taking a toll.