



# Healthy habits for the holiday season

It's that time of year again — when healthy habits fall to the wayside as holiday parties, treats, and spiked eggnog take over. Most of us tell ourselves we'll institute some changes in January — but what if you **started some healthy habits now?**



Enroll today  
& get started!

[enroll.swordhealth.com/avmedmdc/register](https://enroll.swordhealth.com/avmedmdc/register)



## Set realistic goals

Set yourself up for success by starting small. "Small goals" can look like drinking 2 more cups of water per day, limiting caffeine, and going for a short walk every day at lunchtime.



## Take more "you" time

You may be juggling a lot right now — working, parenting, taking care of someone else. To do those things at your best, it's important to carve out as much "recharge" time as possible. That can look like a short daily walk, or a quick coffee or tea break.



## Ask for support

Whether it's getting more sleep or reducing your screen time, developing a new habit isn't meant to be done alone! Ask the people you trust to help keep you accountable as you try to build a new routine.

Have joint or muscle pain, and are ready to feel some relief? Give the Sword program a try — it's **FREE** and entirely personalized to you. **Enroll Now!**

Available to Miami-Dade County enrolled employees and their dependents 18 and older at no additional cost as part of your health plan.

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