- Holidays

Stay well this season

KEEP HEALTHY, HAPPY, AND ENERGISED THROUGH THE FESTIVE SEASON WITH THESE SIMPLE HOLIDAY WELLNESS TIPS.

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STAY HYDRATED IN THE HEAT



With summer in full swing, drink plenty of water, especially if you're enjoying outdoor events, barbecues, or river days. Add fresh fruit like watermelon or oranges for a refreshing boost.

KEEP MOVING

Fit in light exercise like a morning walk, a bike ride, or a family game of backyard cricket. It helps balance indulgent meals and keeps energy levels high.

MIND YOUR SUN SAFETY

Our sun is strong in summer. Always wear sunscreen, a hat, and sunglasses, and seek shade during peak hours to protect your skin.

ENJOY INDULGENCES MINDFULLY

Christmas is a time for treats, but try to enjoy them in moderation. Listen to your body and savour flavours rather than overloading on sugar or alcohol.

PRIORITISE REST

Late-night celebrations can disrupt sleep. Make time for naps or early nights to recharge for a busy festive period.

TAKE MENTAL BREAKS

Between shopping, social events, and family obligations, remember to pause. A few quiet moments, meditation, or a walk outside can help reduce stress.

CONNECT WITH LOVED ONES

Even a short phone call or video chat with friends or relatives can boost mood and wellbeing during the holidays.

STAY SAFE ON THE ROADS

If you're travelling or attending parties, plan ahead for safe transport. Avoid drink driving and ensure plenty of water and breaks if on long drives.

FRESH, SEASONAL FOODS

Make the most of summer produce like mangoes, cherries, tomatoes, and leafy greens. They're refreshing, hydrating and packed with nutrients.

KEEP A SENSE OF FUN

Laughter and joy are just as important for wellness as diet and exercise. Play games, sing carols, and embrace the festive spirit — it's good for your heart and mind.