

Keep Santa Healthy...

...And make sure your health is on the nice list



Lack of sleep

NAUGHTY: Working some seriously long hours and a lack of shut-eye can turn jolly St. Nick grouchy and even lead to heart disease.

NICE: Sneak in a nap. 20-30 minutes can improve mood, alertness and performance.

Stress

NAUGHTY: Checking an enormous list twice is stressful work when you add North Pole decorating and gift building. That stress puts Santa at risk for things like asthma and digestive problems.

NICE: Take 15-20 min. to quietly reflect daily. Avoid alcohol, exercise regularly.

Weight gain

NAUGHTY: A diet of cookies, milk and hot cocoa is bound to take a toll. Santa has battled pre-diabetes for years, and has gained about 1-2 pounds each holiday season (same as the average person).

NICE: Focus on portion control and pack healthful snacks when traveling to avoid hunger cravings.

Inactivity

NAUGHTY: Santa sits. A LOT. Whether at his workshop, in a mall or on his sleigh. Sitting too much can lead to obesity and diabetes.

NICE: Sneak in time on your feet. Take a daily 30-minute walk and 10-minute breaks to stand and stretch every hour.