December is...

Maintain, Don’t Gain Month

Be Well UC wants to remind you to maintain your overall wellness during this busy season. Learn more on our monthly spotlight page: [http://www.uc.edu/hr/bewelluc/monthlyspotlight/december2017](http://www.uc.edu/hr/bewelluc/monthlyspotlight/december2017)

Prepare for the holidays with some of CDC’s Holiday Health and Safety Tips:

’Tis the season for colder weather and germs! Wash your hands for at least 20 seconds with soap and warm water.

Watch this short [handwashing demo video](#).

Incorporate healthy food choices and movement with your gatherings. Treat yourself and your guests in moderation, encourage movement like walking and dancing, and prepare food safely.

Did you know 1 in 6 Americans get food poisoning each year? Learn more about [Food Safety](#).

Be safe while traveling and decorating. Watch out for wet or icy patches. Don’t drink and drive. Buckle seatbelts when riding in cars. Do not leave candles or fireplaces unattended. Keep items that may cause a choking hazard out of reach from children.

Browse more about [safety topics](#), like falls, fires, child injury, motor vehicles, and more.

Holidays can wear our minds, bodies, and budgets down fast. Develop a plan to lower and limit your stress. This could be spending time with loved ones, be more mindful than having your mind full, setting budget boundaries for gifts and get-togethers, prioritizing resting and sleeping, and managing work load.

Read more [Quick Sleep Tips](#) from the American Academy of Sleep Medicine.

Connect with your colleagues this winter season and continue earning points with these opportunities:

- Visit the [Incentives page](#) for a complete listing of ways to log points and earn up to $240 by **12/31/17**!

- Attend an event, like [Blood Pressure Screenings](#) 12/6, [Be the Beat](#) 12/13, or a Be Well UC drop in session 12/13. Visit the [Events page](#) for details!

- Complete one of the [NEW Choose Your Own Challenges](#), like Deskercise Bingo, 30 Days of Giving Back or Fall Activities, and Healthy Hints. Have some fun with others and earn up to 40 points.

- Encourage each other to complete your Step 1 and Step 1 to go for gold by **12/31/17**!

Questions? Please contact [wellness@uc.edu](mailto:wellness@uc.edu)