



Yes, you can maintain your weight over the holidays!

- **Move More.** Get up for 5 minutes every hour and walk or take a stretch break. Statistics show that being sedentary for seven or more hours a day is detrimental to your heart health.
- **Eat Less.** Drink a big glass of water before your meal. Watch your portion sizes. Use a smaller plate when eating.
- **Stress Less.** For many people the holidays are a stressful time. Strive for mindfulness — be in the moment and enjoy the celebration.

If you need a little extra support, the Workplace Clinic is here for you.

- Discuss food choices and portion sizes.
- Get a weekly weight check.
- Talk about your stress level and learn about resources available to you.
- Screen for complications such as hypertension, diabetes, high cholesterol and sleep problems.

Remember, at the Workplace Clinic we are dedicated to protecting the privacy and security of your Protected Health information (PHI) by following the Health Insurance Portability and Accountability Act (HIPAA) of 1996.



Have a happy and healthy holiday season!



To make an appointment, call the **City of Milwaukee Workplace Clinic** at 414-777-3413. Or, visit my.froedtert.com or the Froedtert & MCW app to make an appointment if you are an established Workplace Clinic patient.



Workforce Health