



Healthy Holidays

Health and Wellness Tip of the Week

Week 52 – December 23, 2019

Eat Healthy, and Be Active

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Source: Centers for Disease Control and Prevention Office of Women's Health

City of Mission

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Our mission is to promote health
awareness and encourage healthy
lifestyles.

www.missiontexas.us

