

Staying Healthy Around the Holidays

Presented by:

Allison Bare & Lisa Trimper



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Our Speakers



Allison Bare, MSW

Social Worker

ABOUT ME

Allison Bare is a Social Worker trained in providing intensive therapeutic services to children, adolescents, adults, and families. She is an empathetic, person-centered, trauma informed professional, who has experience helping others with their mental healthcare needs.

She is passionate about supporting the mental health aspect of an individual for a holistic approach to their care.

Allison received her MSW from Edinboro University, as well as certifications in Music Wellness and Autism Spectrum Disorder.



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Our Speakers, Cont.



Lisa Trimper

Health Coach

ABOUT ME

Lisa Trimper is a Certified Health and Wellness Coach/Educator with over 22 years of professional experience working in clinical healthcare, higher education and corporate wellness settings. Lisa is passionate about the work she does to best support the health and vitality of the community she serves.

Her goal is to instill healthy lifestyle behaviors and promote optimal wellbeing, which includes caring for the whole person mentally, physically, emotionally and socially.

Lisa holds a MS Degree in Wellness and Human Nutrition along with additional nutrition designations and certifications.



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“ *I have been practicing setting healthy boundaries at work to achieve a better work-life balance. Starting and ending my workday at scheduled times when feasible has helped me fit in fitness and more self-care. I now, food shop one day a week, prep more meals at home and even make time for exercise.* ”

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Agenda

01

Recognize mental, emotional, and financial stressors during the holidays and develop strategies to manage them.

03

Learn food safety practices, prevent infections, and reduce the risk of seasonal illness.

02

Practice mindful eating, limit alcohol, stay hydrated, and prioritize rest and movement for overall well-being.

04

Honor loved ones, both past and present, and support each other to maintain strong connections during the holiday season.

POLL QUESTION:

How do you prioritize self-care around the holidays?

Tips for Staying Healthy Around the Holidays

Manage
Stress &
Know Your
Limits

Remembering
Your Love(d)
Ones

Balance
Indulgence
with
Mindfulness

Limit
Consumption
of Alcohol

Stay
Hydrated

Practice
Food Safety

Get Plenty
of Rest

Prioritize
Movement

Prevent
Infection

Support
Each Other



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Manage Stress

- Take time for self-care, set realistic expectations
- Don't hesitate to ask for help to keep holiday stress in check



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Know Your Financial Limits

- Set a holiday budget to avoid financial strain
- Focus on meaningful gifts or experiences rather than overspending



Remember Your Love(d) Ones

- Schedule “together time” with those who may need you the most this holiday season, or those you most want to see
- Honor lost loved ones with special traditions or moments of reflection to keep their memory alive



Balance Indulgence with Mindfulness

- Enjoy festive treats in moderation, and balance indulgent meals with healthier choices throughout the day
- Share healthier alternatives - bring lighter versions of holiday favorites



Limit Consumption of Alcohol

- Keep alcohol intake in check by setting limits and alternating with water or non-alcoholic drinks to stay mindful and hydrated



Stay Hydrated

- Drink plenty of water throughout the day to stay refreshed, especially with rich foods and holiday drinks



Practice Proper Food Safety

- Practice proper food storage and preparation, especially when dealing with perishable holiday dishes, to prevent foodborne illnesses



Prioritize Movement

- Incorporate physical activity, like family walks or games, to stay active and reduce holiday stress



Get Enough Rest

- Prioritize sleep to maintain energy and manage holiday stress



Prevent Infections

- Wash hands regularly, especially during gatherings, and stay up-to-date on vaccinations to keep yourself and others healthy



Support Each Other

- Encourage loved ones to embrace healthier habits together for a balanced and joyful holiday season



What's next

- Use the Holiday toolkit.
- Talk to your trusted medical provider and/or a mental health expert if you feel you need additional support.
- Learn more about PeopleOne Health! Allow our solution to decrease costs and create a thriving culture to help you be an employer or choice.
- Join the next live PeopleOne Health quarterly webinar event in January.



PeopleOne Health Features

Create an account today!

Tools & Trackers

- SparkCoach
- Fitness Game
- Food Tracker
- Interactive SparkPoints
- Goal setting feature

SparkAmerica

- SparkAmerica City Challenge

Community

- Build a profile, add and manage friend groups and post to teams
- Uplifting, safe news feed

Healthy Living

- Library of articles and videos
- Healthy recipes
- Mindfulness videos
- Education courses
- Email newsletter

Company Program

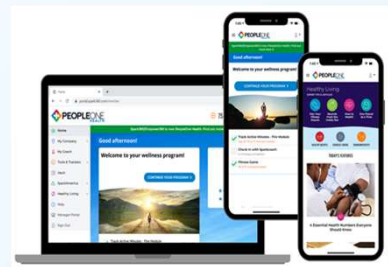
- Tailored wellness program*
- Customized wellness challenges*
- Tokens and prize store*

Health Coaching

- Health coaching and care navigation*
- High risk outreach and consulting*
- Form processing*

Manager Portal

- Dashboard
- On demand reporting
- Token and prize management
- Send portal messages and announcement



Interested in learning more about our solutions?
 Email us: Wellness@PeopleOneHealth.com

*Items with an asterisk indicate a specific level of service and have additional costs associated. Contact us for details.



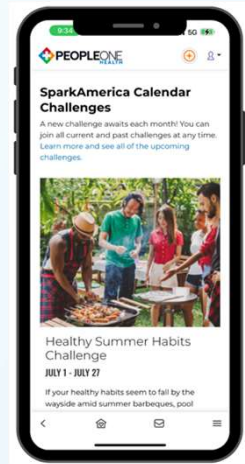
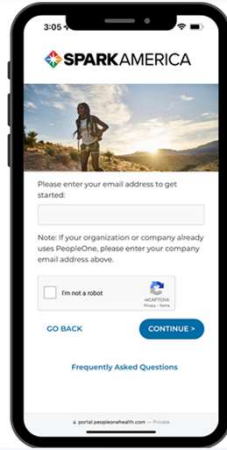
SparkAmerica

SparkAmerica is focused on building Fit & Healthy leaders all across the country. Business and civic leaders have joined with us to create community and promote healthy living.

Join us!

Fit City Challenge: 4-week active minutes challenge. Remember to keep tracking your minutes!

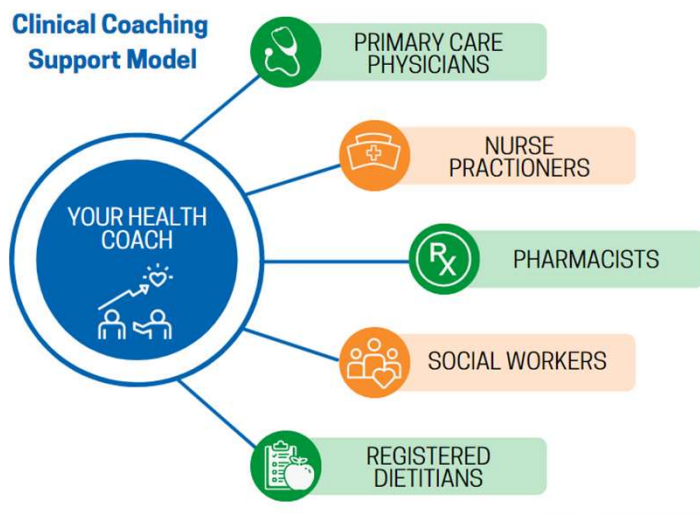
The Next SparkAmerica
Fit City Challenge:
September 1 - 30, 2025



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How Does Our Coaching Differ?

Each Health Coach is backed by not only their credentials but has readily available resources to support them.



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Questions?

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Resources:

American Heart Association. *Holiday survival guide: Tips for eating and staying active during the holidays*. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/holiday-survival-guide>

Centers for Disease Control and Prevention. *Healthy holidays: Tips for staying active and eating well*. https://www.cdc.gov/healthyweight/healthy_eating/holiday_tips.html

Harvard Health Publishing. *Tips for a healthier holiday season*. Harvard Medical School. <https://www.health.harvard.edu/staying-healthy/tips-for-a-healthier-holiday-season>

Mayo Clinic Staff. *Holiday health tips: Staying healthy during the festive season*. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/holiday-health-tips/art-20357569>

National Institutes of Health. *Managing stress during the holiday season*. <https://www.nih.gov/news-events/news-releases/managing-stress-during-holiday-season>

U.S. Department of Agriculture. *Healthy holiday eating: Tips and resources*. <https://www.usda.gov/media/blog/2022/12/01/healthy-holiday-eating-tips-and-resources>

World Health Organization. *Healthy diets: A guide for the festive season*. <https://www.who.int/news-room/fact-sheets/detail/healthy-diets>

Zlateva, A.. *Healthy holiday habits: Strategies for well-being*. *Journal of Health Psychology*, 26(9), 1234-1245. <https://doi.org/10.1177/1359105321991324>

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Thank You!

