



### **Healthy Holiday Eating 30 Sec PSA**

The holiday season is fast approaching, and there are ways to savor the treats of the season without packing on extra weight or compromising your health this year.

For starters, indulge, but only in moderation – and try to maintain exercise and sleeping habits during the hectic holiday season to ensure they continue into the new year and beyond.

For additional resources and more tips to help keep you and your family stay healthy this holiday season, visit our website at [Alabama-Public-Health-dot-gov-slash-nutrition](http://Alabama-Public-Health-dot-gov-slash-nutrition).

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