



# Premier Medical's The Skinny Minute

November/December 2024

## Glow on the Go!

**HealthWise**  
**\$1.00 OFF**  
**Chocolate Drink**  
**Shake-Shakes**

\*Another great on-the-go option!\*



**Premier Medical**

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The holidays are upon us! November and December are two of the busiest months for most. There's lots of shopping to be done, many meals to be shared, and tons of celebrations to be had.

French actress Sarah Bernhardt once said, "Life begets life. Energy creates energy. It is only by spending oneself that one becomes rich." This means that pouring ourselves into important matters and the people we love creates a richness that money just can't buy.

But we cannot pour from an empty cup. Before we tackle the holidays head on, let's make a plan for ourselves.

Always start each day with a brisk walk and a high-fiber, protein-rich breakfast in order to stabilize your blood sugar and energy levels. Eggs, yogurt, and fruit hit all the marks.

Eat vegetables with every lunch and dinner. Veggies are chock full of nutrients and

minerals that our bodies need to function optimally. Green vegetables offer the most bang for your buck when it comes to building energy to keep you going and glowing.

Pack your own to-go snacks when you are shopping or running errands. Eliminate the temptation to stop for "fast food." Nuts, protein bars, and easy-to-eat fruits (apples, bananas, etc.) are great choices that don't require refrigeration.

And last, but definitely not least, always carry your water bottle with you. Water is essential for regulating body temperature, lubricating joints, protecting organs and tissues, removing waste, delivering nutrients, improving sleep, absorbing fat, suppressing appetite and boosting metabolism. Yes, water does ALL of that! Water is life.

Bottom Line- Don't forget about YOU this holiday season. Making your health a priority is the gift that keeps on giving! Your friends and family will thank you. HAPPY HOLIDAYS!!