1. Enjoy the Benefits of Yogurt
It's creamy smooth, packed with flavor -- and just may be the wonder food you've been craving.
Research suggests that that humble carton of yogurt may:
- Help prevent osteoporosis
- Reduce your risk of high blood pressure
- Aid gastrointestinal conditions like inflammatory bowel disease and constipation
- Ready to take home a few cartons of yummy yogurt? When buying think low-fat, make sure the yogurt contains active cultures and vitamin D, and keep tabs on sugar content.

2. Help Holiday Heartburn
Getting hit with heartburn over the holidays? Help is at hand! Try these hints and you can stop the burn before it starts:
- Nibble: Enjoy your favorite foods -- but in moderation. No need to heap on the goodies (or go back for seconds and thirds!). Packing your stomach with food makes heartburn much more likely.
- Know Your Triggers: Certain foods feed heartburn's flame. Typical triggers include foods full of sugar and fat -- think pumpkin pie slathered with whipped cream. Instead reach for complex carbs like veggies and whole-wheat breads -- or at least share that dessert!
- Get Up: Stretching out for a nap post-meal is a great way to guarantee you'll get reflux. Instead, keep your head higher than your stomach -- or keep right on walking, away from the dinner table and out the door. Light exercise is a great way to prevent heartburn.

3. Kiss Holiday Cold Sores Good-bye
If you find you're more prone to cold sores (also called fever blisters) during the hectic holiday season, you may be your own worst enemy. That's because lack of sleep, too much alcohol or sugar, stress, and close physical contact (think auntie's smooches) can all contribute to outbreaks. So, to help keep your kisser cold-sore-free this year -- or to keep from passing your cold sores to others -- try these tips:
- Don't overdo the holiday goodies -- maintain a healthy diet.
- Get plenty of rest.
- Wash your hands.
- Don't share food or drink containers.
- Discard used tissues.
- Don't kiss on or near anyone's cold sore -- and don't let them near yours!

4. De-Stress With Meditation
- The bad weather, the seasonal pace, work: If this time of year has your stress meter spiking, it may be time to close your eyes, breathe ... and get a little repetitive.
- Repetition is at the heart of meditation's soothing power. The act of banishing thoughts, focusing on your breathing, and repeating a single word or phrase, fires up your body's natural relaxation response.
- And meditation can do more than soothe away stress. Research shows it may help lower blood pressure, boost immunity, reduce PMS symptoms, even aid in fertility and the delivery of a new mom's milk.

5. Try These 3 Simple Diet & Exercise Tips
- Go Slow: You don't need to do a diet slash-and-burn. If you cut just 200 calories a day you'll see slow (and easy) weight loss. Skip a pat of butter here, a cookie there and you're on your way!
• Start Small: Banning junk food from the cupboards or boosting fiber may be your goal, but think in baby steps. Switch from potato chips to low-fat popcorn, for example, or toss a carrot into your brown bag lunch.

• Just Show Up: Don’t feel like working out today? Don those exercise clothes anyway. Still not in the mood? Fine. But chances are good that once you're dressed, you're also motivated and ready to go!

6. Invest in Your Health - Literally

• If you have a high-deductible insurance plan, you’re probably eligible to deposit tax-free cash into a health savings account (HSA).

• HSAs help you sock away savings now for medical expenses later. Open an HSA and each year you can stash savings-- tax-free. And if you don’t use up the balance in your HSA this year, it simply rolls over into the next year, and the next -- and continues to grow tax-deferred. Intrigued? Talk to your human resources department to find out if you’re eligible.

• Whichever healthy steps you take this year -- eating better, exercising more, saving -- remember they’re an investment in you and your future. So follow these steps toward better health -- or take your own. Bank a little more sleep this year. Set aside stressful differences. Stock a healthier pantry. Salt away ... a little less salt. It's your body -- and your future!