

The Wellness Teen

Dr. Roller Keeps You Informed

A Healthy Winter Break!

It's that time of year when you've finally finished finals and the winter formal is behind you – there's nothing left to do but look forward to two weeks of rest and relaxation. Right? Well, you can only hope.

It may surprise you to know that Dr. Roller was once a teenager too and he knows that Winter Break is usually anything but! So, here's a little advice to help you make it through the holiday season.

Avoid Getting Sick

Every year, right before Winter Break, things start getting busier and busier. You find yourself studying for finals that feel like they'll never get here; but once they do, it feels like they got here too soon.

When you're hitting the books remember to avoid the habitual junk food snacks and reach for something healthier.

- Instead of a bag of chips and a soda – grab a few slices of turkey and a bottle of water.
- Instead of leftover pizza – have a handful of peanuts or almonds.
- Instead of a sandwich – have a plate of leftover chicken and some green salad.

It's your health, your body, and it's up to you to take care of it. Don't spend half of your winter vacation in bed with a cold.

Tired of hearing your mom harp on you about washing your hands? Too bad, you get to hear it again. One of the most important things you can do to avoid getting sick is washing your hands. We don't even care if you use the fancy soap or just a bar of Zest, because it doesn't matter what kind of soap you use as long as you use it!

Avoid Fatigue

It's your longest break of the school year and you don't want to waste a minute of it. But that doesn't mean that you have to stay up all night to take the fullest advantage of time.

You'll have more energy and a clearer mind if you go to bed at a decent hour every night. No, this doesn't mean that you have to be in bed by eight (we are realistic), but you do want to get a "good night's" sleep, which means being in bed by at



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least eleven. Is it worth the fatigue to watch a movie you've seen twenty times already?

Age	Total Hours Sleep
12-13 Years	10
14-15 Years	9
16+ Years	8

Family Time

Yes, we can hear the groans already. But would it surprise you to know that if you put as much effort into just an hour of family time as you put into avoiding an hour of family time you may find your parents a little more pleasant when you want to go to the mall instead of staying home to bake cookies? Really, it's true!

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**Dr. Roller's Top Five
Nice Things to Do For Your Parents**
(Yes, we really mean it!)

5. Ask your parents if you can have a family "movie night" but ask them to pick one of their favorite holiday films from the time when they were your age.
4. Arrange a baking day and ask your mom to teach you the secret "family recipe" or how to make her "famous" cookies.
3. Volunteer to take your little brother or sister to the movies for the evening so your parents can have a night to themselves.
2. Offer to wash the car or do something helpful around the house.
1. Do the one thing that your parents would least expect but most appreciate.

Most parents really don't want to make their kids miserable; they just want to build memories while you're still young. Give them a chance and the results may surprise you.

G D S A S I N G I N G K H E D K
 J C A N D I E S L G V F D L B S
 O A H A N U K K A H F C S K S W
 R N K R T R S S T L B O W N E W
 N D R S I T T L C A R O L E R O
 A L N E A S E I O R S K T L N N
 M E R F E S T I V I T I E S E D
 E S T U G L N M A N G E R E S E
 N R G A N G E L A S I S T L N R
 T C H R I S T M A S F T S R E F
 R S P Q P R E S E N T Z H F G U
 B D T S P K L N Q R S R T M E L
 J D R F A M I L I E S X E R S Z
 L M H G R Y N D E F E L A E M D

Christmas	Families	Christmas Tree
Manger	Guests	Ornament
Hanukkah	Wrapping	Noel
Candle	Presents	Caroler
Wonderful	Gift	Singing
Festivities	Bow	Angel

Refrigerator Checklist

Your Holiday Checklist

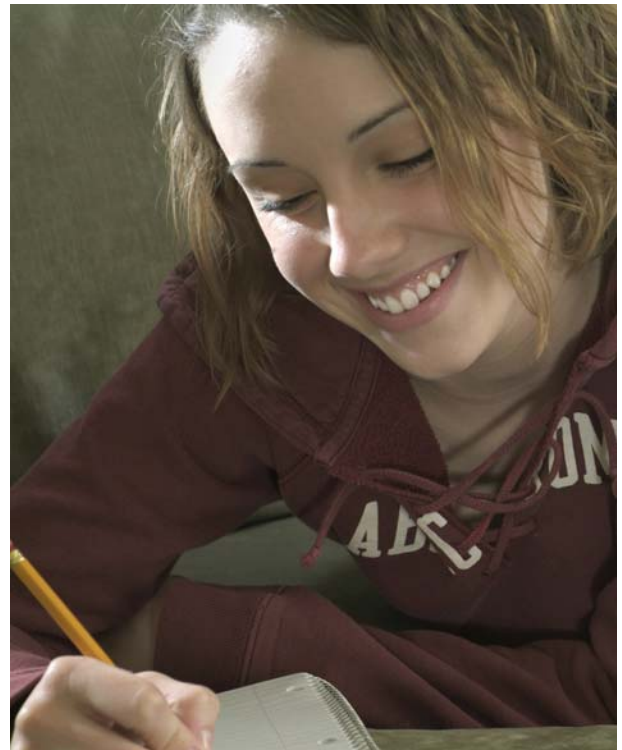
- Gift List!
- Shopping for your family!

Your Health Checklist

- Drink a lot of water!
- Avoid junk food!
- Eat a lot of protein!
- Get a lot of rest!

Your Heart Checklist

- Do something nice for someone you love!
- Do something nice for a stranger!



Dr. Roller wants you and your family to enjoy a peaceful, joyful and healthful holiday season! Don't forget to take a moment today to schedule your regular chiropractic check up!