



This year, why not take a more laid-back approach to the holiday season?

For most people, the holidays mean gathering family and friends to celebrate this festive time of the year. The holidays are also an opportunity for a break, a few days away from work and a magical time for both young and old. But the reality is often very different! Is all the hoopla and frenzy of holiday consumerism steering us away from our traditional values?

The holiday shopping craze is a race against time: buying gifts, in and out of shopping centres, stress, what to buy and where to buy it? This year, why not do things differently and stick more to the traditional values of the holiday season? Quality time spent with the family are at the heart of the festive season: playing outside, cooking together with the kids, sharing a good meal or trying a new board game—these are all things you can do to fully enjoy this festive period.

Take your time

Before the weather turns bitterly cold, take advantage of December's mild temperatures and the first signs of snow to get outside and enjoy some winter activities. Go sliding, take a walk in the forest, go snowshoeing, go for a stroll around town... Any excuse is good enough to stick your nose outdoors! Do you want to do something special that you never get around to doing? Use this time to finally spend more time with your loved ones!

The Internet: what an invention!

Avoid the long line-ups and get on the Internet! Some Web sites even offer gift suggestions and will show you price comparisons! **Here's a tip:** Start your shopping early! You'll have more time to spend with your family in the weeks before the holidays.

Here's a site to add to your bookmarks.

www.christmasgifts.com

This site offers holiday shopping by gift category. Gift suggestions are very interesting and original. A number of discounts are also offered when shopping on this Web site!

Creativity: good for your wallet!

This year, why not use your imagination to make your own gifts and get your kids in on the action! **Here's a tip:** use newsprint or recycled paper to wrap your gifts to add a touch of originality to your presents! You'll not only make your loved ones happy but you will add a creative and festive touch to the holiday season!

A Web site to get the creative juices flowing:

www.diy.com

Whether you're looking for new ways of trimming the tree, making original decorations or homemade gifts, this site offers tons of fresh ideas!

This year, we hope that you will keep your Health *InSight* for the holidays and enjoy this time off to have fun and relax! Take the time to do **something special**, show your **appreciation** to those people who are important to you, and enjoy the **simple pleasures** in life. You will see that all these things will bring you moments of sheer delight and happy memories for a long time to come!

Happy holidays everyone!

