The holidays are quickly approaching! What better time to show your friends and family how much they mean to you, and what better way than with a homemade gift from the heart. A quick Google search, or look at Pinterest, will give you lots of ideas. Find something you’re good at, like knitting or art, and craft a unique handmade gift. But, you don’t have to be crafty to make something they love. There are a lot of good ideas for homemade gifts that are easy to make, like putting together the dry ingredients for a favorite cookie mix in a jar or assembling a hot cocoa kit. You don’t have to spend a lot of money to make something special for your loved ones. You could make a more personalized gift, perhaps writing a poem and framing it, or making photo-collaged coasters. If you’re short on time, there are some great DIY gifts that don’t take long to make. For example, if you like to paint, wood sliced ornaments would be a quick, easy gift anyone would appreciate. Whatever you make, your family and friends will appreciate the time, care, and love that goes into your homemade gifts!

Holiday Gifts from the Heart
By Ellie James, 2022-2023 Healthy Living Ambassador

Here are some DIY gift ideas to get you started:
- Hot Cocoa Stirrers
- Fudge
- Apple Butter
- Soap
- Candles
- Hand Knit Hat
- Bath Salts or Sugar Scrub
- Woven Pot Holders
- Pocket Hand Warmers
- Play-dough or Slime
Reindeer Logic Puzzle
Santa’s reindeer had a race to see who would lead the sleigh this year. Medals were given to the top three reindeer. In what order did they finish?

- Blitzen finished two ahead of Cupid and three ahead of Vixen.
- Rudolph finished just ahead of Blitzen and just behind Dancer.
- Only one reindeer was slower than Cupid.
- Comet was pleased to have beaten Rudolph, but he wished that he’d also beaten Dasher.
- Prancer, Comet, and Dasher all won medals.
- Donner was unhappy to be in the bottom half of the results.
- Prancer was delighted to beat Dasher.


Exercise Your Mind

For a fun holiday spin on this recipe, make Grinch Kabobs by stacking the following on a wooden skewer:
- 1 green grape
- 1 banana slice
- 1 hulled strawberry
- 1 mini marshmallow

Window Shopping
By Alice Milton, 2022-2023 Healthy Living Ambassador

Window shopping is a leisurely and pleasant activity many engage in, especially throughout the holiday season. The ornamental lights, holiday attire, and colorful decorations captivate many. Since this is enjoyable for most, why not focus on the exercise aspect for a moment?

Visit a local town square or city, and take a peek at the charming holiday decor the shops and streets have to offer! Try to count the snowmen, gingerbread houses, or whatever you see, to add an enjoyable challenge to the walk. Bring your loved ones along, and appreciate the decorations together. This is an activity that you can make your own!

Exercise does not have to be boring. You can sculpt it into something that suits you! Take time throughout this holiday season to go for a walk and window shop. Who knows what you can discover?!