

2005

BATON ROUGE
Parents

FAMILY
FAVORITE

The Doctor Is In

It's That Time Again

By Dr. Dawn Vick

With the holidays fast approaching, you may want to be early and organized with shopping, decorating and baking, so you can experience the true meaning of the season. The holiday season is a wonderful opportunity to spend time with family and friends.

Unfortunately, it's also the respiratory season with lots of flu and other infections spreading around rapidly. It's important to act early and protect your family from illnesses that we have vaccines for. Nothing like the flu going through the house while trying to put up the Christmas tree or bake those holiday cookies for grandparents to dampen the holiday spirit.

Just as important as preventative health care with routine check-ups and vaccinations, is a healthy active life. Try to incorporate one hour five days a week of physical activity into your schedule. Make sure to start the day off with breakfast for the family, plenty of water during the day and healthy food choices. Bake homemade goodies with the kids trying to use fresh healthy whole grain ingredients. Have a safe healthy active holiday season.



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