



3 Simple Ways to Reduce the Impact of Holiday Stress on Your Body

The holidays can take a toll on all areas of your body, especially your back and feet. Here are five simple things you and your loved ones can do to reduce the stress...

1. Take A Step in the Right Direction.

Hours of holiday shopping and high-heeled party shoes can sweep you right off your feet – but without the fairy tale ending. Be sure to wear comfortable shoes with lots of support. And for a little extra, try adding some cushion and heel support with [DiamondBacks™](#) or [TuliGEL™ Personal Fatigue Mats™](#). For those holiday parties, take some weight off your heels and the balls of your feet with [SoftMoves](#), the self-adhesive, transparent cushions that make every high-heeled party shoe more comfortable.

2. Fight Back.

Nothing will take the spirit out of your holiday like back pain. Yet 8 out of 10 people suffer from it at some point during their lives. Fight back with a strong core (muscles around your trunk and pelvis – not just your abs). In just 5 – 10 minutes each day, you can strengthen the core muscles and reduce the risk of injury. One of the best ways to get a proper muscle-building routine is with the new [CoreStretch®](#).

3. It's OK to Stretch Yourself!

We're always stretching something during the holidays. Usually it's our time or budget, not what needs it the most—our muscles. Take 5 minutes each day to stretch your arms, shoulders, torso, hamstrings and legs. Looking for an easy way to get that deep stretch that your body craves? Check out the [StretchRite®](#).

