



AN ULTIMATE GUIDE TO HEALTHY HOLIDAYS

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Abstract

It may have a nice ring to it, but having "healthy holidays" can seem like an impossible task in Brisbane. For those who passed the age of staying up for Santa Claus, our to-do lists can feel longer than his list of names (and we definitely check ours more than twice). Between work and friends and family festivities, it's no surprise we often find our health—both physical and mental—left waiting in the wings until New Year's Day.

1. Introduction

We are here with this new and the latest PDF that may be very helpful and informative for you. Here, you are going to know an ultimate guide that deals with some essential tips that will make you stay healthy during the holidays in Brisbane. If you're feeling stressed or overwhelmed during this time of year, you're not alone—a previous survey by Brisbane Gov showed 63% per cent of people report feeling too much pressure during the holiday season. Let's get started.

2. Holiday Door and Porch Decorating Ideas

The most wonderful time of year in Brisbane is (almost) here. Prepare to welcome guests to your home with these dazzling holiday door decorations, porch ideas and more.

Golden Reindeer

Towering over 80 inches high, this regal reindeer lives up to his name. Kids and adults alike will be awed by the gilded forest friend as he guards your front porch. Yes, he's a bit on the pricey side. But this holiday door decoration is molded and painted by hand, while its polyresin and stone powder construction will last for many winters. Complete the look with a feeding reindeer. Talk about epic holiday door decorations!

Welcoming Gingerbread Men

Trust us when we say we've never seen anything as cute as this trio of giant gingerbread men cookie cutters. They're a whimsical addition to your porch that's straight out of a storybook. Plus, each gingerbread is dressed up in his holiday best. Take a peek at our best gingerbread recipes, too.

Sweet Snowman Sign

There's snow place like home! Welcome guests with a festive porch sign, like this sweet snowman-painted sled. Not only does this sign match a dusting of fresh powder, but it gives off a retro vibe. We love the snowman's classic attire and the old-fashioned sled shape—both remind us of childhood wonder and holidays' past.

Winter Wonderland Doormat

Changing out your doormat for the holidays is one of the easiest (and most affordable) swaps to make. This coir doormat, decorated with pine trees, is an ideal mix of simple and seasonal. Take it to the next level by layering a checked accent rug behind the mat.



“Welcome” Door Hanger

Making guests feel at home starts at the front door, and this snowy welcome sign is a great first step. Choose from either a 15-, 18- or 22-inch size and five neutral colors. Then, rest assured that the neutral bow and greenery will match your other holiday door decorations.

Pine Kissing Ball

Bring back a winter tradition and add a kissing ball to your front porch. These vintage spheres incorporate boughs of greens, pinecones and even mistletoe. We love this lit version for its snow-kissed look and practicality. Unlike a real kissing ball, this beauty will last for years to come.

Ice Skates Decor

Winter pastimes are a great place to look for decor inspiration. Skis, sleds, skates—the options are endless. We’re smitten with this charming door hanger that embraces these holiday hobbies. Plus, the classic red finish adds a welcome pop of color to your porch.

Lovely Lanterns

Solar-powered lanterns may just be the smartest item on this list. Not only are they charged by the sun, but they can be incorporated into outdoor decor for every season. Display them as is, or add a festive winter touch like a pine pick wrapped around the handle or a cascade of jingle bells.

Monogram Snowflake Sign

Personal touches make the holidays special. And this classic monogram sign—featuring your household’s last initial—is a versatile option. Not only does it look beautiful on its own, but it can be easily doctored up with a splash of paint, ribbon or a basic wreath behind it.

Rustic Birch Trees

The best holiday decorations take advantage of what nature has to offer, and these rustic trees bring out the beauty of birch. Flank two of the larger trees on either side of your front door, or arrange a trio on your porch. No matter how they’re styled, these lit beauties will keep the season bright.

Hit the Slopes Ski Decor

Skiers, this one’s for you. A pair of holiday-themed skis and poles cross to create this unique piece of decor. Display it as a door hanger or a standalone piece of art.

Let It Snow Sign

For anyone who can’t get enough of farmhouse style, this Buffalo-checked “Let It Snow” sign is a natural choice. Made of Birch wood and standing 48 inches high, it’s a statement-making piece that adds wintry fun to your porch. Pair it with other farmhouse accents, such as lanterns and a rustic wreath.

Magical Sparkling Spheres

Cozy lights are a wintertime must. They combat those shorter, darker days with a warm, enticing glow. And while string lights are an easy option, these sparkle spheres really elevate your holiday door decorations. We love them so much they might stay up for every season.

Season’s Greetings Garden Flag

While it’s not technically porch decor, a garden flag extends season’s greetings to everyone on your block. We love this red-checked version that can be personalized with a family name and favorite phrase.

3. Home Tasks to Do Now for a Stress-Free Holiday Season

Because we could all use a little more calm during this time of year in Brisbane.

We all long for the stress-free holiday season of glossy magazines and TV movies—smiling family members baking cookies, beautiful decorations, and friendly neighbors dropping by. The reality is that our days are often filled with last-minute shopping, missing ingredients in kitchen pantries, and embarrassment at the mess when guests arrive.



While a bit of deep breathing can help, you can prep for a stress-free (or at least, stress-a-little-less) holiday season by taking care of these seven tasks around your home now. You'll feel more prepared to actually enjoy and celebrate the season in Brisbane.

Make Some Space

The holidays in Brisbane usually mean there will be gifts. Where will the new stuff go if every closet, drawer, and toy box is already overflowing? Now is the perfect time to sort and donate clothes to make space. Go through toys and donate those that haven't been played with lately or that the kids have outgrown to a charity. Donate books to your local library or family shelter. Toss or recycle any items that have broken or missing parts.

Sort Holiday Decorations

Hopefully you did this at the end of the holidays last year, but if you didn't, take some time to sort through your collection of holiday decorations. Discard any crushed bows and broken lights or ornaments. Donate items you don't use to charities or pass along treasured family items to others if you haven't displayed them in several years.

Don't forget to survey your wrapping supplies and stock up now on tape, ribbon, gift bags, and paper.

Declutter and Restock the Pantry

Now is the time to empty your pantry and get rid of expired canned foods and dry goods. Donate any products that are still edible or that you don't use to food banks. Transfer dry goods from their packages to clear containers so you can see at a glance what you have on hand. Keep a list of products you need to replenish. Vacuum and clean the pantry shelves and then restock products that you'll need for holiday baking and meals.

When you finish the pantry, dive into the refrigerator and freezer and repeat the process. Toss expired or mystery frozen foods and deep-clean the appliances.

Create a Clean, Clutter-Free Kitchen

Guests almost always end up in the kitchen. Be prepared by decluttering countertops and cabinets now. Clear away school papers, junk mail, and anything else that doesn't belong in the kitchen. Remove small appliances from the countertops to another storage spot and donate those that you no longer use. Go through dishes, glassware, and bakeware and donate or toss anything you don't need. Dispose of all of the unusable take-out and storage containers that are cluttering a cabinet.

Deep-clean the oven and stovetop so your favorite cookies won't have a strange smokey flavor.

Refresh Your Entryway

Take a good long look at your front door and entryway. Is there room in the entry closet for guest coats? If you prefer no shoes inside, is there a place for shoe storage? Does the welcome mat look less than welcoming? Just a few changes can create a warm first impression and keep clutter under control during the busy holiday season.

Prepare the Guest Room

If you're expecting overnight guests over the holidays, get the guest room and guest bathroom ready now. Deep-clean the rooms and wash bed linens and towels. Be sure the window coverings and lights work, add soap and personal items to the bathroom, and clear some closet space.

If you don't have a separate guest room, take a few minutes to get the linens washed and ready and check the air mattress for leaks.

Prepare and Stock Up on Winter Supplies

If you live in an area that has sleet and snow, stock up now on salt or sand for walkways. Check that your snow shovel or snow blower is ready to use to clear the way.

Before lighting that first blaze in the fireplace, have the chimney cleaned and checked for damage. Have gas fireplaces inspected for cracks or leaks and change the filters in HVAC systems. Clean filters mean better air quality and less dust on furniture.

4. Top 10 Holiday Organizing Tips

Organization in Brisbane usually makes life easier and less stressful. But it can be even more important -- perhaps even essential -- before, during and after a major holiday. Just imagine what it would be like to haul out poorly labeled boxes of haphazardly packed holiday supplies in a last-minute attempt to find what you need. Before you know it, you may be drowning in a sea of musty tablecloths, burned-out lights and broken ornaments -- without having accomplished your holiday preparation goals.

Taking the steps to get everything in order ahead of time can help you avoid these situations and have much more fun with every holiday. For example, when Christmas ornaments are organized and easy to find, there's more time left to enjoy the process of hanging them on the tree. And the same goes for other aspects of the holiday seasons -- from parties and family dinners to gift giving. Simple actions like making lists, setting deadlines and choosing the right storage containers can help ensure you have the best time possible. And putting it all in order again afterward sets the stage for next year's celebrations.



But before you can take the first steps toward getting organized, you need to start with a little advance planning. Keep reading to find out more about this and several other strategies for managing the holiday season.

Plan Ahead

Start planning for the holiday early in Brisbane -- at least a month in advance [source: BellaOnline.com]. Begin by filling out a centralized, all-encompassing holiday calendar for the weeks leading up to, during and after the holiday. Include everything you already know about or that's already been scheduled, such as travel plans, guest arrival days, pageants, parties and work functions. Continue to pencil in events as they are announced and planned, and only accept invitations for open dates. Make sure to block off shopping and preparation days, and factor in deadlines for shopping, shipping and baking, just so you don't miss anything. Also, here's a tip for relieving stress: On your calendar, be sure to mark a few "off" days to rest.

Get It in Writing

Holidays in Brisbane usually last longer than just one day. What's more, many include an elaborate series of events that require many different levels of planning. So for optimal holiday organization, it's a good idea to make separate, categorized to-do lists. During the winter holidays, for example, you could make a gift shopping list, itemized by person. Also, try making a list of rooms or locations that need to be decorated, as well as a related list of decorations that need to be purchased. You can create lists for baking projects, travel plans, and people to whom you need to send cards and correspondence, too. Plan holiday menus first, then make the grocery list. You get the idea. To minimize the chance that you'll forget anything, always have these lists with you when you are heading out to the store or the mall.

Set Goals and Limits

Make the holidays easier on yourself by setting reasonable goals and limits in Brisbane. For instance, if you have relatives scheduled to arrive the Monday before Thanksgiving and depart the Sunday after, then you probably shouldn't schedule a potluck dinner with friends that week, nor would you try to Christmas shop that weekend. It would just be too hectic and prevent enjoyment of your family's visit and of the holiday itself.

Here's another tip: Break every task or project into palatable chunks. For example, does decorating for Halloween always take you longer than you think it's going to? Then give yourself plenty of time. Taking it one step further, set a reasonable decorating timeframe -- say seven days, for example. Decorate one room or area on each of those seven days. This way, the work is manageable, and it doesn't dominate several whole days.

Take Inventory

Now that you've done some planning, the actual physical work can begin. However, after you trudge into the garage or cellar and pull out the decorations and other holiday stuff, pause for a bit. Before anything goes up, this is a good time to take inventory and assess what you've got. Many of us have been using the same holiday items for years, whether we like them or not. Here's a simple sorting tip: If you hate it, give it away. If it's broken, throw it away. In other words, don't let an ugly tree skirt take up space or broken tree lights sit around in a tangled mess. (Now also would be an excellent time to test everything with electrical or moving parts, by the way.) Get rid of anything that's crumpled or soiled. Now that you know what you've got that's usable, you can add to your to-do list of new decorations that need to be purchased. To make next year easier, it's a good idea to repeat this inventory step at the end of the holiday season, too.

Set and Respect Deadlines

Deadlines are a good way to help you get stuff done and crossed off your list. Determining them and abiding by them can help you to prioritize a multitude of tasks when it feels like you have too much to do at once. Simply determine what needs to be done in what order, and set your deadlines accordingly. Then, tackle the tasks that have the soonest deadlines first. Of course, external deadlines may influence your priorities as well. For example, if you need to ship gifts to friends and relatives, find out through Brisbane Postal Service (or your preferred private carrier) what the cutoff dates are for holiday shipping. If you can, make it a priority to mail things out as quickly as possible -- that can help you avoid clutter and to-do piles around the house.

Involve Others

News flash: You don't have to organize, decorate and plan everything on your own. Try delegating tasks to family members. Not only does it break up the work, but it creates responsibility for others and can make holiday planning a fun family activity. Get the kids involved, especially. Holiday planning for you is a burden -- for them, it may be very exciting. They can make decorations, help put them up, and maybe even assist you with the baking. Chore swapping is another time-saving idea. Do you love to bake Christmas cookies, but hate to decorate? Does your best friend love decorating but can only burn a baked good? Then swap tasks -- you bake for two, and she can decorate for two. That way, you're both happy.



Pack It Up

Thick, plastic, transparent storage bins are one of the best holiday storage solutions around, because you can easily see what's inside of them. Also, they're available with lids in many different colors, which gives you the option of color-coding your storage bins according to the holiday (i.e. a green lid for Christmas box, orange for Halloween, yellow for Easter, etc.). These are generally inexpensive. That means it may be affordable to have a lot of bins if you need them. Try setting aside one bin per room for Christmas: a living room bin, a dining room bin, etc. They can also be used to store gifts and gift-related tools -- for example, a wrapping paper bin filled with paper, gift bags, tags and scissors.

Plastic bags can also store some holiday items, and they're even cheaper and more versatile than bins. Baggies are a particularly good place to store food-based crafts such as dough ornaments and macaroni crafts, because they can be both water- and bug-proof. You could put them in a lidded tin box for extra protection. And don't throw away garment bags or those zippered bags from new pillows - these are ideal for storing plastic, odd-shaped outdoor decorations.

Label and Index

Of course, if you've got a lot of bins, you've got to have a way to keep track of what's in them. Labeling can help. Try placing an index card on the outside of each holiday box. Include on the card what holiday the box is for, as well as its general category: "Easter -- Decorations," or "Christmas -- Ornaments," for example. Include a few bullet points on the index card about the general contents.

Another approach is to number each box (i.e., Halloween 1, Halloween 2, Halloween 3, etc). Then, write down everything that's in each box and create a document on your computer or a file of index cards that lists the complete contents of each box.

One more labeling tip: For each holiday, designate a certain box to be the "open first" box. This will help ensure that you kick things off in a logical way. For example, you probably wouldn't want to open the tree skirt box if the tree box hasn't been opened yet.

Handle with Care

Don't just throw tree ornaments and other fragile decorations into boxes unprotected. If possible, save the original cardboard packaging they arrive in. (Barring that, sandwich baggies may work fine). And then, rather than just tossing each one into a regular box or bin, try using old wine or liquor boxes -- they're often partitioned into 12 or more slots. Place each object into each individual slot, then pad them all with tissue paper or newspaper. For smaller items, consider using egg cartons in the same way: Wrap fragile things carefully in tissue paper, fill each egg-divot with an item, then place the full cartons into boxes and bins - near the top, of course. The pressure from being underneath other items may break them.

Have an After-party

If you have the energy, a holiday party after the holiday may be the most effective way to kill off a number of birds with one stone. For instance, it's a holiday party that won't compete with other parties taking place during the season -- or your own massive to-do list. And it helps get things back to normal in a fast, fun, social way. For example, you could serve party guests holiday leftovers and gifted wines and food you don't want. Ask your friends to potluck their own leftovers and unwanted gift food, too. Additionally, try inviting your guests to take a look at your holiday-specific decorations before you box them up. It may help you find out what's broken, damaged or unwanted. Whatever you're getting rid of can go directly to the trash or in a charity pile -- or home with your party guests if they want it.

5. How To Stay Healthy During The Holidays

Let's face it, the holidays might be a good time for your taste buds, but it isn't exactly an ideal season for your waistline (looking at you, eggnog and mince pie!).

But what if you could enjoy the glorious holiday repast without sabotaging your health?

Be a smart cookie by following these simple steps to stay healthy during the holiday season:

Eat mindfully. When you're eating, sit back and allow yourself to truly enjoy your favorite holiday flavors. Pay attention to the taste, aroma and texture of the foods. "When the attention shifts from your body, redirect it back to your internal fullness and satisfaction cues," says Alissa Rumsey, a Brisbane-based dietitian, nutrition therapist and owner of Alissa Rumsey Nutrition and Wellness. Since it takes a few minutes for your stomach's "I'm full signal" to reach your brain, it's advisable to take a 10-minute break after your first helping, suggests Patrick Skerrett in a Harvard Health Blog article. "You might realize you are full or want only a small portion of seconds," explains the author. Other than that, don't attend a party on an empty stomach as it makes you prone to overeating. As for the dessert, eat only one or two dishes you really love instead of sampling each and every option available on the table.

Stay hydrated. "Water accounts for 60% of our body's total weight and we need to stay hydrated in order to maintain this ratio. Water is also necessary for several bodily functions, including maintaining our cell's fluids and delivering nutrients," notes Rumsey. Drink plain or infused H₂O as often as you can throughout the day. Limit your intake of high-calorie drinks like eggnog, martinis and margaritas.



"If you're consuming alcoholic beverages over the holidays, try alternating with glasses of water in between your cocktails. Your body will thank you the next morning!" says the nutrition expert.

Choose healthy substitutes. With a few simple diet tweaks, you can indulge in your favorite holiday foods without packing serious pounds. For instance, replace sour cream with greek yogurt in your favorite holiday recipes. Trade mashed potato with mashed sweet potato. And swap heavy dips like blue cheese dip and spinach and artichoke dip with these healthy bean-based dips and homemade hummus. In addition, choose broth-based soups over heavy, cream-based ones. And opt for lighter cheeses like cottage cheese, soft goat cheese and feta cheese instead of calorie-dense blue cheese, cream cheese or reduced-fat cheddar cheese. Additionally, load up on roasted veggies and lightly-dressed salads before reaching for ham or green bean casserole. You can also sneak in more vegetables in your diet by having a smoothie for breakfast or a snack. "I suggest this to many of my clients because it's such an enjoyable way to knock off a couple of servings of produce, and with protein, it's a totally balanced meal. If you don't have time to blend one at home, you can grab one at a retailer, like Smoothie King," suggests national nutrition and weight loss expert, Samantha Cassetty.

Reinvent your holiday workout. It might be a bit challenging to make time for a sweat sesh when your social calendar and to-do lists are jam-packed. In order to stay motivated, plan your workout regimen around your holiday schedule. Instead of the usual 30-minute routine, do a 15-minute workout in the morning and evening or go for a 10-minute walk twice daily. The aim is to split your physical activity into smaller, more manageable time intervals. If you don't have time to hit the gym, workout in the comfort of your home with the help of online tutorials and fitness apps like Carrot Fit and Fitocracy.

Boost your immune system. "Eating a variety of colorful fruits and vegetables is one of the best things you can do to bolster your immune system. This will ensure you're getting some top immune-boosting nutrients, including vitamin C and vitamin A," says Cassetty. Eating a handful of nuts and seeds daily is also a great way to fight illness as they contain immune-boosting minerals such as zinc and selenium,

she adds. Lastly, " don't forget to stay hydrated and get proper rest – lack of sleep can weaken your immune system," notes Rumsey.

Make time for self-care. Don't let the holiday madness take a toll on your mental and emotional health. Whether you're caught up in cooking, holiday shopping or socializing, don't put your needs on the back burner. Take some time off to relax and unwind – go for a walk, meditate, watch your favorite movie or read a good book, do at least one thing every day that makes you truly happy. In addition, get adequate sleep. "Shortchanging your sleep can alter your hormone levels in a way that encourages weight gain and cravings for less healthy food. Try to get the recommended seven to nine hours of sleep on most nights," says Cassetty.

Change your mindset. Try to reframe the 'now or never' nature of the holidays. "Make a deal with yourself that if you want stuffing, ham or pecan pie another time, you can have it. When you demystify holiday food and recognize you can eat it any time, you're in better control of your food choices," Cassetty explains. "Also, don't throw in the towel after one excessive meal. Everyone gets carried away every now and then but don't let that derail you. You have a clean slate beginning with the next meal or snack so take the next opportunity to eat more healthfully. The more consistent your healthy habits are, the better you'll feel—now and when the holidays are over," adds the nutritionist.

6. Must-Know Tips For Moving During The Holidays

The holiday week is summertime in Brisbane and starts on December 25th and ends on the 1st or 2nd of January. It is among the most stressful times to move due to business closures, increased traffic and overall inconvenience.

However, some people prefer this time to relocate because it is easier to take time off work, and you can book good removalists in Brisbane at cheap rates during non-peak seasons.

Therefore, if you are planning a house move during the holidays, it can actually be a good thing. You can manage it without stress and hassle, especially by following these ten must-know tips for moving during Christmas and New Year.

1. Removalists Are Busy But Not Due To Business Commitments

Make sure to book removalists in Brisbane as early as possible for a year-end move because they can become unavailable during the holiday week. The reason is simple, most working professionals also take time off to spend time with loved ones and enjoy festivities.

Therefore, if you want to relocate, choose a moving date before the holidays and book a moving service at least four weeks in advance.

2. Host Lunches/Dinners Away From Home

Since your home will be a mess when you plan to move, it is best to host lunches, dinners or another gathering in a restaurant, café etc. You can avoid the hassle of cleaning before and after the guests arrive. Additionally, you will get a break from decluttering household, packing and other moving-related work.



3. Make A Separate Moving Box For Decorations

When planning a move during the holidays, it is best to keep decorations minimal because you will need to take them down a day or two before moving. Therefore, dedicate a moving box for the decorations so that you can pack them last and unpack them first upon arriving at the new home.

4. Move On A Tight Budget

Moving during the holidays is often expensive because besides paying for fixed and one-off moving expenses, you have to buy gifts, go Christmas shopping, host lunches/dinners etc. therefore, you have to be more careful with money during this time.

Create a tight-moving budget, even when you have money to spare. If you want to budget before moving, follow the 50-30-20 rule. Spend 50% of income on needs, save 30% and spend 20 % on wants.

5. Avoid Buying Too Much Stuff

Unless you plan to give away things before the move, don't increase the packing and moving load for yourself and your hired removalists in Brisbane. Increasing the load will result in more hassle and an increase in the moving costs. If possible, give gift cards this year to avoid this issue entirely.

6. Share The New Address

If you follow the tradition of sending and receiving Christmas cards, make sure to share your updated address. You can inform near and dear ones about your move to ensure they can send cards and gifts to the right address.

7. Prepare For Bad Weather

The holiday season in Brisbane is hot and humid, and you can expect more rain than in the winter. Therefore, if you want to move without hassle during the holidays, check the weather before deciding on the moving date.

Also, if you are packing yourself, line moving boxes with garbage bags, wrap the furniture in plastic wrap and take other precautions to keep your belongings dry and damage-free.

8. Get Parking Permits & Set Up Utilities In Time

Often government offices and utility service providers remain shut for the holidays. Therefore, getting stuck without a parking permit or utilities for your move during the holidays is a disaster.

Therefore, get the right approvals and connect/reconnect/discontinue utilities before the move and ensure you don't have any issues on the moving day.

9. Plan A House Warming Party After The Holidays

If you are still in the mood to celebrate and have a good time with your loved one, plan a housewarming party after the holidays. This way, your move won't be disrupted, and you can familiarise your family and friends with your new home.

10. Lift Spirits By Decorating Moving Boxes

If you have children and want to keep their spirits high during the holidays, you can decorate moving boxes with them. It is a great way to prevent them from missing out on fun activities and ensure you can remain in the festive spirit despite moving.

Understandably moving during the holidays is not ideal, especially when you love celebrating the festivals with loved ones at home.

However, by taking the assistance of cheap removalists Brisbane and following the ten tips shared above, you can have a stress-free holiday move. Thus, don't worry about ruining the holiday spirit and plan your relocation without hassle.

7. Conclusion

From managing a healthy diet while still enjoying all of your favourite holiday cookies to creating space for your mental health amid the festive chaos, a healthy holiday season can be easier than you think. All it takes is a bit of balance.

And lastly, don't forget to enjoy yourself! Happy Holidays!

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