Happy & Healthy Holiday 2013 – Email Blurbs

**Week One:**

The holidays are almost upon us and EWSNetwork is here to help you get prepared for a healthy & happy 2013 holiday season!

In our first week of a six-week campaign, we are going to give you some tips on how to eat healthy without feeling deprived. We are also including two great recipes for any upcoming holiday get-togethers that you may be hosting – one for a delicious appetizer and the other a guilt-free dessert! Enjoy!

**Week Two:**

Welcome to week two of EWSNetwork’s Happy & Healthy Holiday email campaign! Last week, we helped you with some tips & recipes on how to navigate the food aspect of the holiday season.

This week, we are discussing holiday drinking. With all the holiday socializing, some of us may find ourselves indulging in too much of the holiday “spirits”. We’ve got great advice on how to manage these situations as well as some great non-alcoholic holiday drink recipes that you can offer your guests.

**Week Three:**

Welcome to week three of EWSNetwork’s Happy & Healthy Holiday email campaign!

Now that you have some skills on navigating food & drink at those holiday parties, we want to talk about some ideas for how to get the most out of this season. We have included great tips for both families and singles and hope that this information will help make the 2013 holiday season your best one yet!

**Week Four:**

Welcome to week four of EWSNetwork’s Happy & Healthy Holiday email campaign!

This week we are excited to share some great ideas on how you & your family can take some time this season to help others. The feelings we get from knowing that we did something kind for someone else, especially those less fortunate than ourselves, are priceless. We’ve got great ideas that you can implement this season on your own and with your children. What a great way to teach your family the true meaning of the season!

**Week Five:**

Welcome to week five of EWSNetwork’s Happy & Healthy Holiday email campaign!

As we all know, this can be a very expensive time of year for everyone. Feeling stressed and on a limited budget? We have great ideas for low-cost and no-cost gifts, tips on how to avoid overspending and great budgeting strategies (including a great worksheet) to help you survive this season with your shirt still on your back! Plus with these tips, you can start preparing for next year so that come December 2014, you can enjoy the season with much less financial stress.

**Week Six***:*

Over the past six weeks, we have shared some great tips for you on how to make this your happiest & healthiest holiday season yet.

In our last email, it is time to turn some much needed attention on our own health & wellness! Many of us feel absolutely worn out after the holidays because of all the work and commitments on our plates throughout the month. Did you know that making time to get exercise and enough sleep can help mitigate these feeling of exhaustion and lead to a higher sense of enjoyment over the holidays? Read on for some information on the benefits of rest and exercise during this hectic time of year and some tips for how to not only survive but to THRIVE during this holiday season!