



Staying Healthy While Enjoying What Matters Most

Meghan VanSlyke RD, CSR, LD

Quality Insights

ESRD Networks 2,3,4,5,10,11,12

Staying Healthy While Enjoying What Matters Most



Holiday Nutrition



Holiday Travel



Healthy Habits

The Sweetest Moments Aren't Always About the Food



 **SHARE WITH US!** 

Type **ONE WORD**
that comes to mind when
you think about the
holidays growing up.

Holiday Nutrition: Being Intentional

- **Arrive Satisfied**
- **Take a Lap**
- **Start with Protein**
- **Choose Holiday Favorites Intentionally**
- **Slow Down and Pause**



Holiday Nutrition: Sip Smart This Season

- **Look Beyond the Plate**
- **Keep Water in the Rotation**
- **Add Festive Flavor**
- **Make Traditions Work for You**



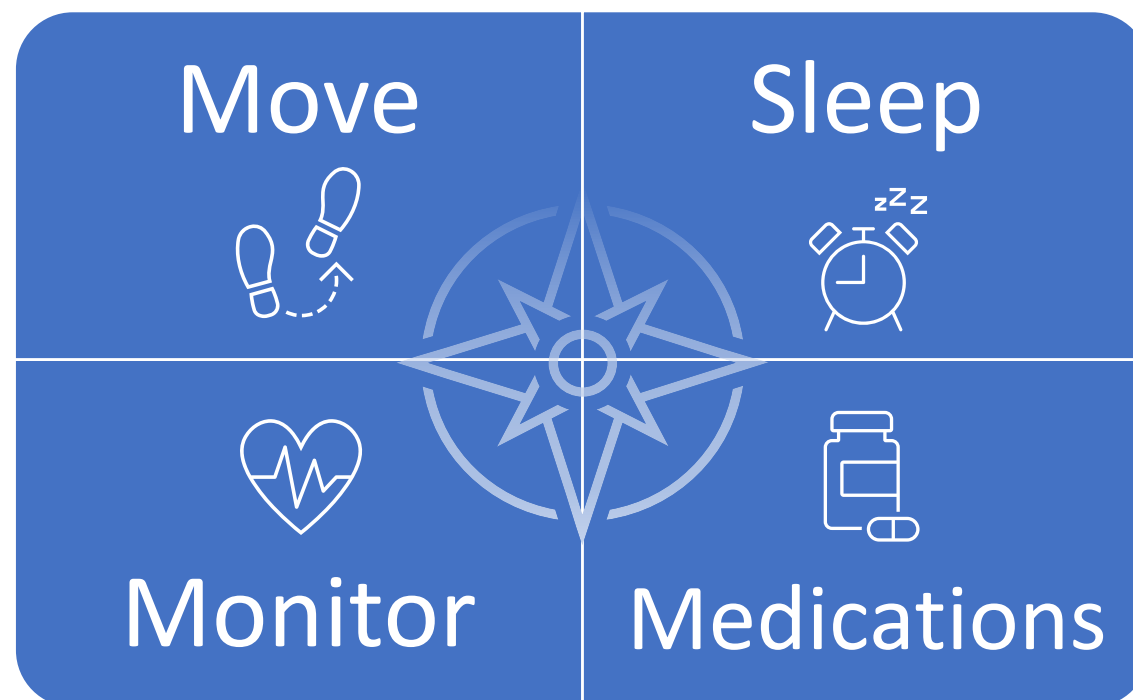
Holiday Travel Success Formula



Your medications, dialysis treatments, and healthy habits are the most important travel companions you'll bring.

Keep Your Healthy Habits Going

"The goal isn't perfection. The goal is getting back on route."



As You Celebrate This Season



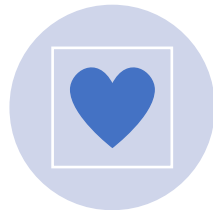
Enjoy the traditions that matter most



Savor your favorite holiday foods intentionally



Continue caring for your health through habits that help you feel your best



Give yourself grace when things don't go exactly as planned

