Take some time out of the hustle and bustle of the holiday season to consider these 7 healthy habits that help prevent chronic diseases like type 2 diabetes, cancer, and heart disease.

**Get Enough Sleep**
Adults need at least 7 hours of sleep every night.

**Get Active**
When getting together, round up some family and friends for a walk or hike.

**Eat Healthy**
Reach for healthy options like fruits and vegetables instead of salty or sugary treats.

**Rethink Your Drink!**
Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

**Drowsy Driving: Avoid Falling Asleep at the Wheel**
- Practice good sleep habits.
- Avoid alcohol and medicines that make you sleepy.
- Talk to your doctor if you have symptoms of a sleep disorder like snoring.

**For longer trips, consider sharing or breaking up your drive.**

**Quit Smoking**
You can quit today! Call 1-800-QUIT-NOW for free support.

**Learn Your Family Health History**
Take some time during get-togethers to talk about your family health history, and share the information with your doctor.

**Prevent the Flu**
Get Your Flu Shot: An annual flu vaccine is the best way to help protect against flu.
Wash Your Hands: Wash your hands with soap and clean running water for 20 seconds.

**Avoid Secondhand Smoke**
This holiday season, make your home and vehicles smokefree to protect your family from secondhand smoke.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.