

# Inside this issue of Get Healthy

Inside this week's Your Times, Get Healthy goes viral with tips on keeping seasonal flu and more from spoiling your holidays.

Hot Topics explains that two cups of orange juice a day provide more than a vitamin C boost and notes that root canals have an unexpected upside.

A Franciscan infectious disease expert says now is the time to update your vaccines in Medical Report.

Flu, COVID, pneumonia and RSV viruses have arrived just in time for the holidays. But there are glad tidings in the common-sense ways to reduce the risks to you and your guests as outlined in the December Feature.

Bitter fruits, veggies and even black coffee aid digestion and may even take the edge off those



holiday sweets cravings, as health coach Carol Slager writes in On the Table.

If you've resolved to modify your habits for the new year, slow and steady progress wins the race, according to Sound Mind.

There's always time to work out, and Region fitness experts explain how to keep up your routine even in this most occasion-full time of the year in The Fit Life.

Duneland YMCA is kicking off 2026 with a health fair, vendors, screenings and tours. Your Health has the details.

Get Healthy has even more information and advice with videos at [nwtimes.com/gethealthy](https://www.nwtimes.com/gethealthy) and on Facebook at [www.facebook.com/GetHealthyNWI](https://www.facebook.com/GetHealthyNWI) and [www.facebook.com/nwtimes](https://www.facebook.com/nwtimes).