

7 Survival Tips for Black Friday

Between the chaos and the crowds, Black Friday can be downright stressful. These tried-and-true tips will keep you healthy and stress-free as you dominate the shopping aisles.

1. Strategize

Plan stores to tackle by making a list ahead of time. Be sure to include a “Plan B,” in case hot items leave shelves bare.



2. Rise and shine

Up your energy by getting a good night’s sleep. And after your Thanksgiving feast, you’ll appreciate the snooze.



3. Don’t “mall eat”

Hitting the food court will only make you irritable later — when carbs and sugar wear off. Opt for portable snacks like dried fruits, nuts or granola bars.



4. Keep hydrated

Bring a water bottle and refill it when it’s empty. Staying hydrated keeps you energized and your mind focused.



5. Dress for success

Opt for comfy gear and a good set of running shoes for optimal crowd maneuvering.



6. Create your own sweat session

Black Friday is the perfect opportunity to get physical — park far from the mall, wear an activity tracker and add laps between stores.



7. Shop online

To stomp out stress, skip the stores and go online instead. Cyber Monday offers many of the same sales, plus you avoid long checkout lines.



From the expert

“My biggest tip for a stress-free shopping experience is simple — take it easy! Go with the flow and don’t let yourself get overwhelmed. Remember, it’s just shopping, so allow yourself to enjoy the experience.” — Olga Hays, ACE-certified personal trainer and health promotion specialist at Sharp HealthCare



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