

# QUIZ: Test your holiday health knowledge!



It's the most wonderful time of the year—for some of us. For others, the holidays can mean stress, illness, overindulgence and the ensuing guilt, and a complete derailment of our yearly health goals. Take this quiz to find out if you know how to keep yourself healthy, relaxed, and on track over the holidays!

---

[wpViralQuiz id=22327]